The Backcountry Recipe Book, Version 2.01The Backcountry Recipe Book, Version

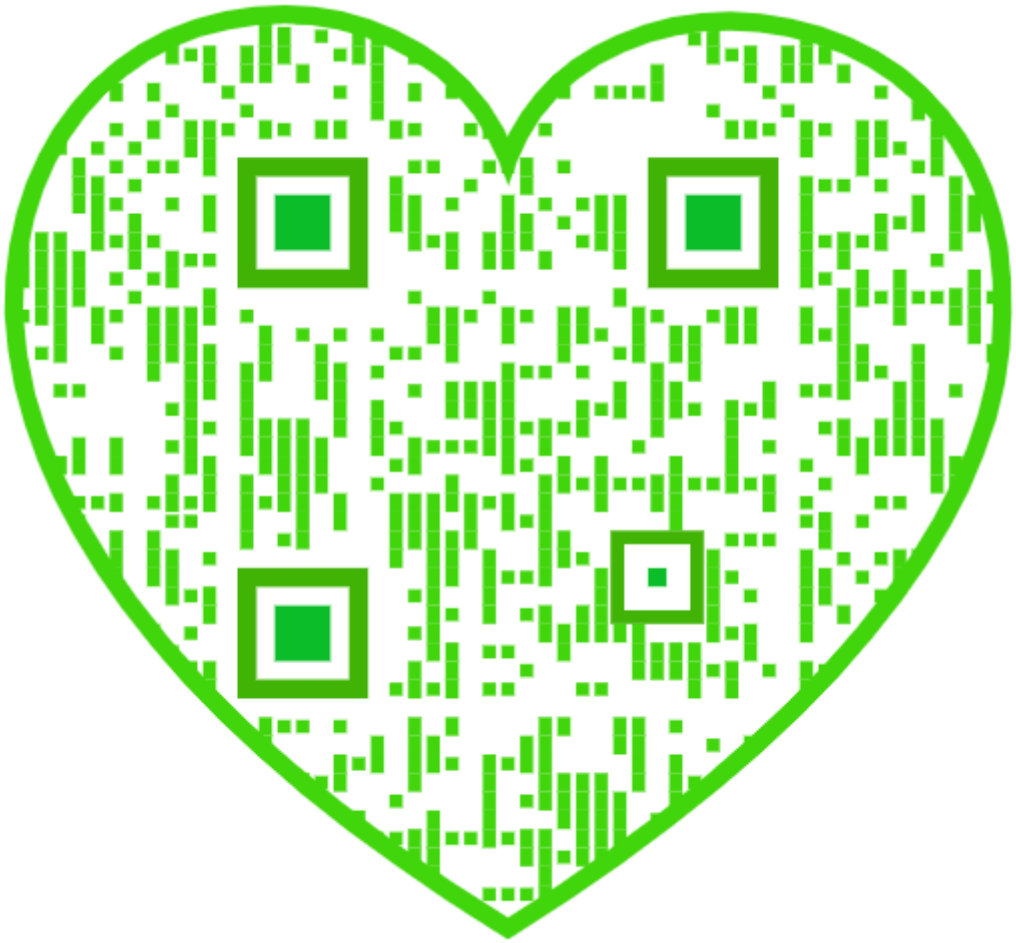
version 1.0: January, 1995.
version 1.3: April, 1996
version 2.0: June, 1996
for ESAR post 616 which got us into the mountains (hard core!!) and all other outdoor enthusiasts.

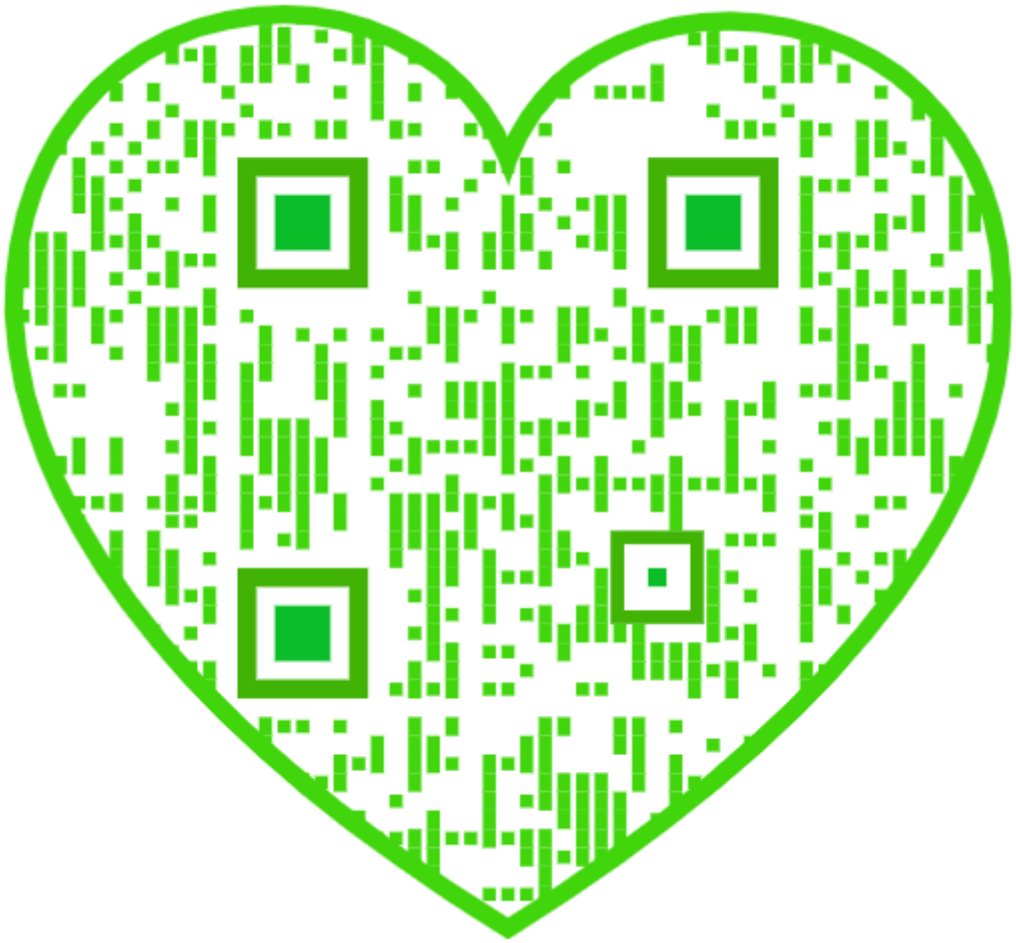
I. Introduction
Welcome to the backcountry recipe book. This section will explain the title contents listed on the Title Page, describe how the book can best be used, and give acknowledgements. or you can jump to the Table of Contents.

To start, the recipe book was the idea of Kelly Naylor and David Rosenberg, and it's intent is to provide a collection of food ideas which can be used in the back country while camping/skiing/hiking/backpacking/etc.. After going on a winter mountaineering trip, in which rather bland and uninteresting food was prepared and (sometimes) eaten, we wanted to find some cool recipes to try and enjoy in the wilderness. Eating, we believe, is one of the wilderness's still hidden pleasures, and should be enjoyed. Below are our collections, sent in from globe-spanning Internet-ers, (become a member of the community by submitting your own recipe ideas) and we offer them to you as food possibilities to incorporate into your own backcountry diet. Each author's recipe-related antidote is included (as available); hopefully the stories will add interest and spark enthusiasm for an otherwise, ordinary food book. For some human reason, the backcountry has always consisted, in part, of telling stories, and we wanted to include that aspect in our book.

Please keep in mind that the recipes are other's ideas—most we have not even tried ourselves—and that at some time, because a backcountry user volunteered them to us, the recipe was delicious!! Of course, when you first try it on some exposed, wind blown mountaintop in an unplanned bivy, things and taste may turn out a tad bit different. ;)

At the beginning of each section we have included some of our thoughts on preparing food which relates to the topic. We've included a further explanation of the types of recipes described within (to help you better access the recipes you would like to try). Also, we've documented our observations, relating to the food sections, from our own, personal, backcountry experiences. Mostly our introductions are just considerations, things to think about when you meal plan; nothing we say, by far, is absolute or written in stone. At the bottom of the Table of Contents is a link to the Recipe Index, which lists the names of each recipe idea (categorized by section as they appear in the text) as local hyperlinks. We've included the listing as an index so that the links do not clog the Table of Contents. Please note that some recipe ideas listed under the Breakfast/Lunch/Dinner/etc actually come from the assorted or assorted vegetarian sections. The Recipe Index is intended to concisely show the reader what recipe ideas are available under a given topic. A note of caution: our recipe book is not intended to provide comprehensive meal planning for extended trips; comprehensive planning





requires a food philosophy (i.e.: what is most nutritious/caloric/tasty food substance for given weight, etc, which is the domain of diet experts and YOURSELF); such planning depends on individual trip circumstances and varies for each backcountry user. We don't want to preach a food philosophy, rather we just want to provide tasty alternative ideas to substitute into your own meals. Hopefully, by reading our book, you'll want to try a few new ideas—or maybe just one recipe from one of our sections—on your upcoming trip. Good Luck, and happy(improved) eating on the trails!!

Special Thanks go out to David Damouth, who forwarded me over 25 pages of raw, unedited, recipe material, and everyone who contributed recipe ideas. We have tried to give proper credit, although with our over 200+ contributions, that has been difficult. If you see a recipe that was your idea and your name isn't mentioned, please email back, so that your name can be included in updates. Enough of the editorializing. Enjoy eating the recipes :)

David Rosenberg 2-15-94

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Breakfasts

The breakfast dilemma: eat a short, quick, no-cook breakfast(to get on the trail early) or spend time to cook + heat a longer, often times more tastier meal. If time is critical, a short, cold meal might be optimal; remember that stove cooking also requires cooking, clean-up, and packing-up time. Your available time, of course, depends on what you intend to do the rest of the day.

Lizy's Famous Breakfast JANK

in a plastic bag, at home, combine:
Instant Mashed Potatoes
Instant Stuffing (like for thanksgiving)
Cheddar Cheeze-Its crackers, or the like
On the trail, heat hot boiling water, and add to dry mixture. Eat!!If higher fat content is desired, add instant (powered) milk and/or solid (clarified) ghee butter at any time.

The term jank was concocted on an ESAR training weekend in the white suburban.
It's just the Jank thing going 'round.
Liz Fort :)

FROM carlj@hpcvmcdj.cv.hp.com (Carl Johnson)

English Muffins seem to work well, although I have just carried them in a kayak and not hiking.
Breakfast - this is the toughest meal for me as I hate oatmeal and that's by far the best soln. I eventually resorted to using dry milk to make some of those instant breakfasts - at least it goes down fast.
None of my suggestions will appeal to the gourmet pallet, but they are very affordable and very easy to prepare.

Mike Engberg

I often take bagels for lunch. Why? They're dense so they pack small and the will last for 4-5 days before they get too stale to eat! Another option to bread are tortilla's. They are also dense so they pack up small. The can be filled with virtually anything and rolled up like a burrito. They're great in the morning filled with scrambled eggs, onions, bacon and a little Tabasco sauce.

Vicki O'Day

From metsger@ea.ecn.purdue.edu You can also get pancake mixes that require only the addition of water at your local grocery store.
One of my favorites is to mix peanut butter with honey or preserves in about equal ratios and use it on bread or pancakes, it's easy to carry and not perishable...
Bisquick is also a staple for quick breads and/or biscuits that can be cooked in a pan or on a stick.

Ron Metsger

Breakfast Cereal
quick cooking oats (if you are in a hurry)
or multi-grain cereal (if you are not in a hurry. Soaking grain overnight speeds things up)
milk powder
pinch of salt
dried fruit—eg: apples, raisins
directions: mix the above ingredients and put in plastic bags (4 day trip means four bags)
All you have to do is boil the water and add to the ingredients. Brown sugar or maple syrup is great on top!

Audrey Kager

Simple Hot Granola Breakfast
I find the following hot granola breakfast with dried fruit quick, simple and practical for cold-weather hiking. boil 2 to 3 cups of water in your pot (put the water in the pot the night before if you think it might freeze over night) throw in about 1 ½ cups of granola flakes throw in a handful of dried fruit, such as apple rings, raisins, apricots, etc. stir while you boil the mix another 30 seconds or so. remove from heat and stir in 2 - 4 tablespoons of dried milk powder cover and leave aside for 3 - 5 minutes (I usually put my kettle on at this point and immediately boil water for tea or coffee. This way a only have to light the stove once)
Some of the advantages of this breakfast:
boiling sterilizes the water unlike oatmeal, the granola flakes can be eaten uncooked on days you don't want to cook or cannot for some reason. it is very easy to digest and you can eat a great deal of it—charging up your energy reserves for a hard-day ahead. quality dried fruit comes back to life quite nicely this way and makes the breakfast naturally sweet or tart and a bit more fresh and lively than plain cereals, cooked or uncooked. Also you can vary the fruit and add variety. Happy hiking!

Jack Pledger
Etobicoke, Canada

from: schell@basecamp.Eng.Sun.COM (John Schell) This is one of my favorite breakfasts. It takes a little longer than wolfing down some breakfast bars and coffee but is well worth the effort. Best used on bad weather days, etc. I've included weights and caloric breakdown. Total weight is about7.25 oz. per person.
Powercakes (Pancakes) (serves two)
==========
Ingredient QTY (oz.) KCAL CARB PROT FAT
Bisquick 1 cup 4.0 480 296 32 144
Milkman 1 lqd cup 0.75 90 48 36 9
Powdered Eggs 4 eggs 2.0 308 40 78 185
Butter ½ stick 2.0 400 0 0 400
dry Syrup 1 pkg 1.0 120 120 0 0
FD peaches OR FD apples ½ oz. 0.5 ?
Tang 1 quart 4.33 480 480 0 0

TOTALS 14.58 1878 984 146 738 Discovered after running out of food and trading our extra fuel fora couple of another expedition's one day bags we found we couldn't eat their powdered eggs if we were starving (which we were). This recipe is the only way we found to consume quantities of powdered eggs and is extremely good. WARNING: DO NOT EVEN DREAM OF EATING THIS GOOD WITH AN MSR STOVE!
While having coffee use some of the hot water to rehydrate the DH fruit and to mix syrup. Combine milk, eggs and Bisquick and mix to a rather thick batter. Add rehydrated fruit to batter. In a buttered frying pan pour approximately ½" of batter and on a low flame slowly cook the pancake to a delicious golden brown. Serve with butter and syrup. Usually makes two 8" diameter ¾ to 1"thick pancakes.

Basic Biscuit Mix -for four camp breads
1 Tbl. sugar
.5 tsp. salt
2 Tbl. dry milk
1 Tbl. baking pwd.
.5 c. shortening
Mix together the dry ingredients. Cut in the shortening with two knives, mixing until the shortening is in tiny pieces (smaller then tiny peas). Put the mix into a plastic bag and label it "Biscuit Mix - add .25 c. cold water per cup of mix."
Trail Directions -biscuits oil frying pan, bottom and sides. Coat with flour by shaking. Mix up mix. Easier with floured hands. Shape the dough into thin, 2 in. wide biscuits, and set in the pan. Cover.
Cook over a flame or throw the pan into some hot coals, covering. When cooking over heat, the flame must be low. If it isn't, don't despair, simply move the pan around the heat and hold the pan off the heat part of the time, to keep the bottoms of the biscuits from burning. Cool them 5 to 7 minute on one side, then turn them with a spatula and cook 5 min. more. Be patient, and give the baking powder time to work.

Jim Hewein's Sourdough Pancakes
Ingredients (mix dry ahead) - 10 to 12 servings
3 c. flour
1 or 2 eggs, or 2 to 4 Tbls.dry egg
1 pkg. dry yeast
1 TBL. oil
1 tsp. salt
butter
1 tsp. baking soda
1 TBL. brown sugar
syrup
Packing the Food
Put into 3 separate bags, then package with the trail directions: 1. flour 2. yeast 3. salt, baking pwd., sugar, and dry egg, if used. Carry in general provisions: oil, fresh eggs, if used; butter; and syrup.
Trail Directions
1. The night before, put the flour and yeast into a large pot and stir in 3 c. warm water. Cover and let sit all night.
2. In the morning, add 1 TBL. oil, the salt, soda, sugar, and dry egg (or fresh) to the batter. Froth it up, as the woodsman says, and let it sit for 30 minutes. 3. Lightly oil a skillet. Fry the pancakes, serve with butter and syrup.
Pancakes: batch for 18 pancakes (mix dry ingredients ahead)
2 c. flour
1 TBL. sugar
.5 tsp.salt
2 TBL. dry milk
1 TBL. baking pwd.
0.5 c. shortening

1 tsp. butter or oil
1. Add 2.25 c. water to 3 c. mix. Stir until mixed, but don't try to get all the lumps out.
2. Heat a teaspoon or so of butter or oil in a frying pan. When the pan is hot enough to cook a drop of batter, ladle out spoonfuls of the batter and brown the cakes on both sides. The first side is done when you can see bubbles forming in the batter and the edges browning.
Note; Use up all the batter; it is much more pleasant to eat leftover pancakes than to contemplate disposing of unwanted batter. Cold pancakes make a good lunch dessert when you spread them with butter or a little honey or with whatever seems tasty, including granola or GORP.

FROM mel@iies.ecn.purdue.edu

Breakfast suggestions?
>Is there anyway to bring eggs in? (do they spoil?) recipes? Eggs work well and should keep for at least a week, longer if you grease them. I just cut up the carton as required for the trip. Bagels work well and (at least in the winter) you can carry cream cheese to go with them. Watching somebody toast bagels over a Wisperlite while sitting in a snow cave is something I won't forget for a long time.

Barry Needham ----sun!arete!barry

The US Navy Submarine Service keeps eggs on board ship without refrigeration for weeks and weeks. How?
The eggs are waxed. The wax coating prevents air from crossing the boundary of the eggshell and spoiling the contents. (neat, huh?) How do they wax the eggs? I dunno. Feed the chickens paraffin? Wax the underside of the hen and let her set awhile?
How can you wax your eggs? I dunno. But I thought you'd like to know this bit of trivia :-))))

Ron Miller

(back country in a submarine means where the rudder is)
I've experimented with several different ways of taking eggs on camping trips. As noted by others, eggs seem to last longer if bought fresh (not from Safeway). Also, you're a lot less likely to be carrying Salmonella along this way. I usually break the eggs into a Nalgene bottle, and scramble them before I leave. I've kept them for 4-5 days like this in moderate heat, but they'd last longer unbroken. Note- don't do this on a bicycle or motorcycle -I ended up with a custard last time from the shaking and the heat. If you want to avoid breakage, and keep the eggs whole, put them in a Nalgene bottle, and pour corn meal, cereal, or flour around them. Then you have everything you need to bread and fry those trout! I'd suggest buying regular oatmeal, adding evaporated milk, and your own cinnamon, raisins or what ever. I've always carried packets of instant milk. DairyMan™, I think the name is. They come in a box of 12, each makes a quart, and it is surprisingly tasty. Plus, the paper pouch can be burned afterwards!
Colin Fletcher recommends carrying some of the milk in one of those plastic

ketchup/mustard squeeze bottles. Out here it works great, even in windy conditions—just flip the lid and squirt dry milk. Under humid conditions, I wonder if it would glob up the spout? A great cuisine idea is to fill one of those plastic, refillable,"toothpaste"-type tubes with ghee - i.e. clarified butter. It won't go rancid for a long time, even when it's quite hot. And you can add nice real butter flavor to everything. You can make ghee yourself (I've heard a microwave helps immeasurably) or go to your local store selling Indian foodstuffs -you'll find imported ghee the jar, on the shelf (not in the refrigerator -I'm not kidding it won't go bad for a long time) and at a reasonable price, although quality varies. I usually make my own.

FROM: carnes@ico.ISC.COM (Steve Carnes)
Last year (or so?) Quaker came out with another instant oatmeal which they call _Fruit_&_Cream_ (damn, now I'm not 100% positive of that). Anyway it's just a whole, whole lot better than they're old instant oatmeal. It comes in three or four fruit flavors. It's not as good as some alternatives but is quick and easy (if you're already starting the stove, that is).

Peter B

In response to the recommendation for Fruit & Cream oatmeal. I tried that stuff last summer. In my book it cannot be considered food. I'm not positive, but I think instead of using evaporated milk, they use Coffee Mate creamer. I have a fairly forgiving digestive system, but it revolted big time with that stuff. I'd suggest buying regular oatmeal, adding evaporated milk, and your own cinnamon, raisins or what ever.
Ugh. Just the thought of it makes me want to.....
Randy Marks

III. Lunch/Trail Snacks
Lunch, usually eaten in the middle of the day—and in the middle of one's strenuous activities—provides a dead-time break. It's extremely hard to eat while on the trail, skiing, or on-beley. Strenuous jolting, what many outdoor activities do to your body and your stomach, make digestion hard; you must stop and take time to eat... but how much time? I've found two types of lunches: 1) the condensed meal, eat lunch all at once, in a long period of time, after hopefully reaching your goal, like on top of a mountain. Good food and a great view always compliment one another. 2) The grazing method, spread food intake over the entire day, in little snacks(often called GORP—Good Old Raisins and Peanuts—although, as the following recipes show, that is not what is necessarily in GORP),when you take quick breaks. Has the advantage that you keep on moving, you don't cramp up after a long break, and you don't waste time. Maybe one doesn't get to enjoy one's food as much as the condensed version; still you must decide.

Included in this section are snack/GORP suggestion and main lunch-meal ideas. Combining the two offers great variety and versatility too. Visiting any grocery store's BULK FOOD section can provide countless goodies to throw into your GORP.
My favorite recipes:
GORP-It's just not a backpacking trip without it! GORP can have just about any dry

snack tossed in. I have two “flavors” of GORP: sweet and salty. I have two kinds since sometimes I’m in the mood for sweet, sometimes not. They’re even good mixed when I’m being indecisive. :-)

Sweet:

I typically use a mix of chocolate, crushed cookies, nuts, and coconut. I use chocolate chips or crushed chocolate bars, mixed with Keebler chocolate chip cookies (crushed) and filberts(hazelnuts) with some shredded coconut. GORP is by nature highly variable, and I rarely mix the same thing twice.

Salty:

Again highly variable, but a few things seem to always go in...Cheese crackers (Better Cheddars), with salted peanuts and pretzels(and those little sesame sticks when I can find the little buggers!) This is good with/for lunch. The sweet stuff is better for munching while hiking. By far the best meal I ever had while hiking was some home brew spaghetti I fixed for a hungry herd of seven. I had packed in some fresh vegetables (white onion and celery) and I sauteed these in some margarine before adding them to the sauce. Lots of powdered onion and garlic went in as well. The sauce was a normal dry mix (add the powder to tomato paste and water and simmer.) We had this with cheddar cheese, Parmesan cheese, and of course, spaghetti. This won’t work on a long trip since the veggies and the cheese would spoil after a few days. We had this on our third day and everything was still OK. I hope you can use this!

Steve Bonds

SMTP%”uunet!sequent!techbook.com!chemist@csusac.ecs.csu
s.edu”

Pita Bread works well too. I haven’t seen my favorite lunch posted yet; Peanut Butter on Bread/Bagel/whatever eaten with a handful of Granola. It’s quick to eat on the trail and the only cleanup is to lick the knife clean. I just love those plastic Peanut Butter jars! My favorite Granola usually consists of ½ fruit Granola(apple-blueberry-almond-date) and ½ Confetti Mix (Peanuts, raisins, sunflower seeds, soybeans, coconut and M&Ms)

From: msc@ttrdc.UUCP (Michael Cross)
Lunch - Peanut Butter is a staple, but for variety we started carrying a stick of pepperoni & block of cheese. Both kept pretty well, even in hot weather.

Mike Engber

For lunch my favorites are tabouleh-stuffed pitas and rice cakes with peanut butter spread (1/2 molasses + ½ peanut butter +powdered milk + a little margarine to make it spreadable).

Eduardo Santiago

I've recently discovered a sausage called landsjager (apparently, it's of Swiss origin, so that j should be pronounced y). It's got incredible keeping power—
I bought some last spring, and it looked so bad that I forgot about it all summer, until I was packing a lunch for a day's volunteer work on an archeological dig late last fall. The sausage still looked good, so I packed it, an apple, and a pile of cookies into my windbreaker pocket, balanced with a water bottle in the other pocket, and set out for a day of digging among the fallen leaves.
The landsjager turned out to be as near the perfect thing to round out a trail lunch as I've ever found. It's bone dry (like beefjerky), flavorful, and surprisingly easy to chew, considering how it looks. The dig, incidentally, was an exploratory dig, and we found quite a bit of evidence of archaic or early woodland habitation (but unfortunately, nothing good enough to date the site). I bought my landsjager from a meat market that got it from somewhere in Wisconsin, so I have no general advice on where to get it.

From: jones@pyrite.cs.uiowa.edu (Douglas W. Jones)
Lunch on the trail: HELP!!!

>Any non-cooking (who wants to drag out a stove?) items? Or, maybe something prepared ahead of time.

Meat, bread and cheese. Bagels again, any of the dark heavy breads. Packaged or canned meat. Mustard, mayo or any of the deli type spice packets work well. The small cans of meat (6 oz?) work well split between two.

Barry Needham

Make a bunch of granola. It's light, needs no preparation so you can munch it dry on the trail, keeps well, tastes good and is healthy. (of course you will need something to wash it down with)You can also eat it with milk if you like that sort of cereal. Bean salad is good too for many of the same reasons.

FROM: cscnj!pat@rutgers.edu
Other favorites to carry are carrots - they last a long time, garlic, onions, (hey my polypro stops grizzly bears after a few days, so what's a bit of breath enhancer between fiends?), and tart apples are a great way to start the day. They seem to keep their crispness best when winter camping. Store bought tortellinis aren't too bad either.
Bread

Any flat bread is great to pack. My favorite is Pita bread. Also, if you have never tried making bread in camp, you are missing at least half of the food fun. It takes no trouble at all to make biscuits. Very little trouble to make rolls of some sort. Virtually painless to make real bread. Honey packs very nicely and with bread makes a great treat any time.
Cans

Several of you have mentioned taking canned meats or canned something else along. I don't like to take cans. Even after crushing them down, I always feel it is a pain to have to bring them back out. I also have seen too much litter strewn throughout wilderness areas to think that everyone packs out what they pack in. I don't what to even accidentally add to the wilderness litter. I don't pack in anything that can't burn. Although necessary, I hate the foil lined packets of stuff. Most people throw them in the camp fire which leaves the unburnt foil part behind. I always burn them separately and pack the foil out. I always pack out other garbage that I find.

Editor's Note:

Burning paper-foil products may be more trouble than it is worth. Aside from the noxious fumes/poisons produced from oxidizing paper and aluminum and the devastation that unnecessary fires create in the wilderness, the substantial weight loss—of the paper burned—is hardly worth the fire's effort or expense. You still have to carry out the heavy item, the aluminum, so why not just save the burning hassle??

Travis Marlatte ihlpa!travis

Here are a few kinds of backpacking food that people haven't mentioned:

Yogurt

It keeps well for at least a week (even in the summer) if you keep it on the inside of your pack away from the sun. Use it wherever you might think of using powdered milk. It's good in instant pudding, in curry (made with freeze-dried chicken, apples, raisins, your own spices and minute rice), with granola, etc.

Couscous

This can be a good breakfast with added dried fruit and honey for a little flavor. To cook it just let it sit covered for 5 minutes after you add boiling water to it.
Taboulli made from a mix. Just add cold water and let it sit for half an hour. Asiago (or dry jack) cheese and Thuringer sausage both travel very well. This kind of cheese doesn't get runny in the heat.
Packages of (already-cooked) dinner rolls good for sandwiches. Fresh garlic okay, I guess this isn't a dish on its own, but it's worth taking. It really adds something to a lot of main dishes. Just smash the unpeeled clove with the side of your knife or a rock and it'll be easy to peel and chop. Clarified Butter if you want to cook something with butter instead of oil, clarify it and it will keep for a long time. To do this, melt the butter and pour into your container only the clear part.
Vicki O'Day

I started by taking smoked oysters on long hard caving trips. from
amirza@bronze.ucs.indiana.edu (Anmar Caves)

FROM jones@pyrite.cs.uiowa.edu (Douglas W. Jones) Caviar, good cheese and crackers makes a great snack! I prefer Wheat Thins for this, and I go for a cheese that travels well, something like Gouda or Emmentaller, if you can get it. Kippered herring in garlic sauce is also pretty good. Landsjager (a Swiss sausage that's about as indestructible as beefjerky), is also a good bet. The serious point of this is that, in addition to GORP, beef jerky and other fairly generic trail snacks, there are some "near gourmet" items that do fairly well on the trail (so long as you pack out the tins and jars that such things tend to come in).

Subject: At last! Dehydrated beer
Taken verbatim from today's San Jose Mercury-News: CONSUMER
CORNER Packaged Beer Lightens The Load PRODUCT: South Hills dehydrated beer. DESCRIPTION: A beer-flavored, non-alcoholic, carbonated, dry beverage made with maltodextrine, natural and artificial beer and malt flavors, dried beer, and corn syrup solids. It's packaged in5-ounce (150g) packet that must be mixed with 8 fluid ounces (250ml) of cold water for drinking. PRO: It has a refreshing taste, though a bit sweet, and is best when mixed with extremely cold water. Its taste is remarkably similar to beers produced by micro-breweries. It's a quick source of liquid carbohydrates, and it's easy and light to pack and mix. CON: The instructions say to wait for the head to subside after mixing, but that takes better than 5 minutes... In very cold water the mix clumps up unless you add water slowly and stir constantly. COMMENTS: Although it doesn't compare to a fine lager, it suffices quite nicely when your taste buds crave a cold one in the backcountry and you don't fancy carrying a six-pack. The manufacturer mentions one can add clear grain alcohol or vodka to achieve an alcoholic beer. SUGGESTED RETAIL: $5.95 for 6 packets.
FROM jreece@sousa.intel.com (John Reece)
IV Dinner

Our dinner recipes primarily require cooking, or at least boiling water—that's when we've find we have the most time to prepare the stove/cooking gear required to make hot water. Dinners with meat are listed in the following section (VI) Meat Dishes; we've thrown in two dessert suggestions at the end of this section.
Those rice-with-sauce, noodles-with-sauce, potatoes-with-sauce, and now rice-andbeans-with-sauce (complete protein) packages you can get in the supermarket form the basis of about 1/3 of my camping meals. You don't need to simmer them, if you're skimping on fuel or if your stove doesn't simmer—just bring to a boil, take off the heat, put on a lid and wrap it all in a towel, then set it aside. The towel holds in the heat nicely. After about half the simmering time you may want to bring it back to the boil again if it seems to be cold.
We also make skillet pizza—just buy any pizza mix and top with extra cheese (small slices of Cheddar are fine), sausage (we take a long keeping salami or summer sausage), onion (we take fresh, they're worth the weight), mushroom (rehydrate in minutes—we dry our own in a $100 dehydrator) etc. Also wonderful—just made cornpone (shape into pones, my recipe says, how helpful), anyway we made patty-shaped things and fried them) split like a biscuit and make a cheese sandwich—the warm bread melts the cheese a little—excellent on a cold morning. Actually any made on the spot bread equivalents

will be much nicer than a five day old bagel.

{ed: yeah, but the bagel's a lot quicker}
FROM gregory@csri.toronto.edu (Kate Gregory)

One of the easiest things you can do is to make your own reconstituted beans. Much cheaper and you know exactly what goes in. The recipe can be found in many backpacking food prep books. Basically, it involves cooking beans down in the way you do at home, draining them, and spreading them out on cookie sheet to dry a couple of hours at low heat in your oven until crumbly. Very lightweight, very inexpensive, and it reconstitutes to taste great. Will last at least a month. On the trail I prepare them the same way you do (add to boiling water, let boil for 3-5 minutes; sure beats the 30-90 minutes you would have to wait if you cooked dry beans) but I hadn't thought of the Taco Bell angle. I've been lugging along a big container of salsa. On the other hand, having all the extra salsa is a great way of making failed food experiments or "let's just combine everything we have left on the last day in one big pot" adventures taste great! With dried beans you can make quasedillas, beans and rice and tortillas, and bean soup.
I've also had a lot of luck drying ground beef and making leathers (tomato, zucchini). You can make your own sauces with the judicious use of leathers, dried milk, oil, fresh garlic and a few of the packets of dried stuff from the store (sour cream, tomato, etc). When we got backpacking we pretty much rely on dried sauces, dried meat and beans, pasta and rice, tortillas and Pita bread. Very little of it is commercially prepared food. We also tuck in a can of minced clams and the instant cheesecake product. That instant cheesecake stuff is fantastic. Once we tried a veggie stir fry with dried beef. It worked fine, but we decided the weight of those vegies just wasn't worth it.

FROM vleppert@casbah.acns.nwu.edu (Valerie Leppert)

Ever make refried beans? Ever notice how they kind of dry out at the edges of the frying pan? Well make your favorite and then spread it on a cookie sheet and dry it in a (relatively) cool oven. (Or just by the instant refried bean mixes I see in some health food stores if you insist.) Now you can just add to some boiling water over the camp stove and you have the basis for a Mexican meal.
I usually accompany this by making chapaties:
1 cup of flour (whole wheat is acceptable/preferred by me) 1 tbsp oil 1 good pinch of salt enough water to make a dough (about ½ cup depending on your flour and your hand for this sort of thing). Knead until elastic, pinch off ~ 1 inch balls and roll them out thin. Put them on a moderately hot skillet (no oil or butter) to cook. They should form large bubbles/air pockets and if you are not as good at this as most third world people you can pop them into a microwave at this point to finish them off.
They are quite good and indestructible. Of course I would rather have a complex carbohydrate at a rest stop than a piece of chocolate so I'm kind of strange anyway. Anyhow as I say they travel well and fill that void between rye crisps and real bread in my pack.
Anyhow, back to Mexican dinner. Bring some fresh vegies as well, such as tomatoes, onions, etc. Also some cheese and use the chapaties as tortillas (I have better luck with

them in the pack than store bought tortillas) and even some salsa if you like. You can make tacos, enchiladas, or roll up the little beasts and heat them to melt the cheese inside in a pot over the stove if so inclined.
There you go, for what its worth. Now you see why I need a copy of your collection? Cheers and happy climbing, hiking, paddling, skiing, etc.

Ian Kay

Rice thingy

Chop up some celery, carrots, and kielbasa. Add some spices, put in a Ziploc and freeze. At camp, cook this mixture until pretty much cooked. Add a package of rice-a-roni (both envelopes) with the indicated amount of water and cook, stirring often, until most of the water has evaporated and rice & pasta are tender.
Note that these are not too great for a 4-day trip on the last day, but the frozen goods do make it well into the second day, making them great second-night suppers.

Eduardo Santiago

Also, just yesterday I learned how to make Beijing Dumplings (you may have had them at a Chinese Restaurant as appetizers) and found that it's very easy to do, and might be appropriate for the wilderness.
Probably not standard format, but here goes:
Mix flour and water into a dough. Make it dusty, to prevent sticking. Roll the dough into small (3" diameter, very thin) pies—almost like tiny pizzas. Into the dough, put a mix of whatever vegies (& meat?) you choose. Pork works well, with scallions, celery, other light greens... Probably only half of a teaspoon of the chosen mix should be put in each pie. Then fold the pies up, sealing the contents in by pinching the dough around them (no holes should be left). Drop the dumplings into boiling water, they'll sink. When they're ready, they'll rise back to the top of the pot (note: in order to make many of these, a fairly big pot may be needed). This is very easy to do, but probably should be attempted at home to get a feel for it before trying it out in the wilderness. Soy sauce and/or sesame oil can be used (in tiny quantities: easy for packing) to add flavor. Note that all you really need to pack in is the flour and meat/veggie mix which can be prepared before-hand and kept in a Tupperware container. If the mix is frozen on day 1 of the hike, the meat should keep in the container until night 1.
Just a suggestion. I was amazed at how simple to make they are(andvery tasty!)
andy kowalski

andyk@ats.orst.edu

Hello

Whenever I go camping, I always take some papadams along with me. All of my friends agree that papadams are excellent campfire snack food. Papadams are round Indian chips made of lentils, SPICES (ranging from mild hot to HOT HOT) and bicarbonate of soda.

All the ingredients are mashed together and then sun-dried. They are then cut into 6-8 inch diameter circles. To cook them, just hold them over the campfire, and keep turning it around. It's actually quite simple, and after the first one, you'll be able to do it without burning them. They're great at the end of the night with some juice, or some beer. And the act of making them and teaching others to do so (and watching them burn) goes for great campfire camaraderie.
These circles can be bought at any Indian store. Tops has a great selection too.

manish

Hi!

I found this one this past weekend at our hockey tournament in Minnesota—It gave our team enough energy to outshoot Harvard 23-16 (but we didn't win.)
1cp sugar
.5cpsweeet butter
1cp sifted flour
1 tsp baking powder
pinch o salt
2 eggs
24 halves pitted purple plums (or sliced apples or rhubarb, anything that covers the top)
topping: sugar, lemon juice, cinnamon
Directions:
cream the sugar and butter. Add flour, baking powder, salt, eggs. beat well. pour batter into 9 inch spring form. Place plum halves skin side up. Sprinkle lightly w/ sugar & lemon juice, depending on desired sweetness of fruit. sprinkle w/ 1tsp cinnamon. bake at 350 , 1hr. remove and let cool, refrigerate. serve w/ vanilla ice cream.

From: gdc1@cornell.edu
(Geraldine Desmoulieres Carter) (dino :)
editor's note: try making ice cream by mixing snow with sugared drink mix or vanilla, brown sugar, and powdered milk. Take some canned beans (the kidney beans) and some canned chicken(Swanson premium white) and heat just enough to get contents very warm. Spoon serving into a fajita shell (or something similar)andspray Easy Cheese on the warm contents. Wrap up shell and eat. This is very filling. The drawback is the cans. That's why this is a good meal to eat after the first day of strenuous hiking.

You can stuff trash into the cans to help condense your trash. This was first tried in the Daniel Boone National Forest. It has since become a hit meal in the Smokies and in Wyoming on my trips. Hope this helps! If you have any comments, please feel free to mail meat the address below. Thank you,
Brian Hippley

hippley@cn.ecn.purdue.edu

Cool weather, the agitation of a pack, and the sense of

expectation all combine to make ceviche on the trail one of its best incarnations. My recipe is:
One medium rainbow trout, filet and cut into small (1-inch) squares
1/4lb bay scallops (optional)
One large onion, cut into thin rings
½ cup coarsely chopped fresh cilantro
1 yellow bell pepper, cut into julienne
1 red bell pepper, same
½ cup lime juice (don't skimp!)
2 Tbsp raspberry vinegar
1 Tbsp Tabasco (or to taste)
1 Tbsp vermouth (optional)
½ tsp salt
1/8 tsp fresh ground black pepper
Mix together, seal in a jar and pack with you - the acid pickles the fish so no cooking is required, and the result is delicious. Serve with a cooled Cous-cous or other pasta to absorb the liquid and spread the flavor out.

Don Barry

don@chara.gsu.edu

My friends and I, toward the end of a 2 week backpacking trip with heavy amounts of miles, became quite bored with the prepackaged food we had and the blandness of the "just add water and heat" food. We became determined to either have a tasty hot meal, or go hungry trying. We consolidated all our food, sorted out the stuff that obviously wouldn't work, and mixed the stuff left over. We ended up with a few sticks of beef jerky, an apple that was about 65% bruised (which we cut up into very small pieces), and both minute rice and brown rice. While looking for wood for the fire, we happened upon a huge onion "patch" (is that what you call it?) and a while later several healthy mushrooms (yes, they were true wild mushrooms). We mixed all this together along with a couple packets of salt (compliments of MC Donald's packaging) to form the colloquial "rock soup." We had been hiking hard for a solid week and a half over hilly and muddy country. We were tired of the normal food we had been eating. To this day, everyone in the group(5 people) swears that even though the pot was barely full(that'sWITH the water), we all feasted like kings and absolutely could not have ate any more. Now that I think about it, I believe this is the same outcome to the "rock soup" story isn't it?

Jim Patten

Cooking (with flavoring), then dehydrating in your stove works well—not as good as freeze-dried, I guess. Rice and tomato paste work really well for this. Just cook the rice, add the paste, spread on a cookie sheet or three and leave in 100 degree (or less if your stove goes lower) oven, with the door cracked, for about 3 hours. If this is not the simplest recipe in the world, I don't know what is.

Sure, it's just flavored rice, but when you also cook up some chicken tandori you've had marinading since you left home (better eat it the first night unless it's winter!), cook up some pan bread, pull out the bottle of wine and the cheesecake for dessert -OK, maybe I went a little overboard there - it's almost lunchtime and I'm hungry. Buy I wasn't joking about the chicken tandori or pan bread (can't get much more freeze-dried than flower and baking powder - also spices are light enough -though not for people who measure the weight down to the weight of a fork!) is not difficult. For long trips you can cook and dehydrate meats.
from ejh@khonshu.colorado.edu

Fantastic Foods brand dried chili and refried beans from the health food store are actually pretty good in their own right.
Italian style pasta. These sauces keep and work pretty good:
Basil pesto, topped with extra chopped walnuts and loads of Parmesan cheese.
If you keep the container topped off with olive oil it won't turn black. Pepper sauce.
Saute some garlic, dried parsley and a pinch of red pepper flakes for about a minute in olive oil.
White clam or shrimp sauce from a small can of clams. Just warm the clams/shrimp & juice in a frying pan, add garlic, chopped parsley, and a few spoonfuls of dried milk.
White clam or shrimp sauce from a small can of clams. Just warm the clams/shrimp & juice in a frying pan, add garlic, chopped parsley, and a few spoonfuls of dried milk.
Alfredo sauce. Reconstitute dried milk with somewhat less water than usual, and combine with melted butter or margarine and Parmesan cheese. I don't favor this too much in cold weather, because I find cheesy/creamy pasta gross if it cools off before I can eat it up.
A few spoonfuls of french onion soup mix and olive oil also make a good pasta sauce.
Asian style pasta.
1> Sprinkle a few drops of sesame oil and soy sauce over Italian or Asian style noodles.
2> Thai peanut sauce. I don't have the recipe handy, but it's basically peanut butter, plus honey, sesame oil, soy sauce, and red pepper. Maybe ginger and garlic as well.
Angel hair pasta, or fresh, is a lot easier to cook right at high altitudes.

FROM jreece@sousa.intel.com (John Reece)

A few things I usually eat in the bush are:

1) Knorr cream soups then I add pasta, has to be stirred quite a bit however quite a nice meal. These soups are particularly good. 2) As far as meat goes, I bring sausages, they last a month. Hit any butcher shop. I have also tried some smoked meats, they last about 2-3 days. 3) Mashed potatoes with Parmesan cheese (standard stuff.) 4) This year I tried cheese fondue. The packages can be bought fora few dollars and last forever, (vacuum packed). They are very easy to make on stove or fire. The only bad thing is they are a little heavy, but without question worth the weight, and I will include this in many trips in the future. What you dip in fondue is up to you. (There is booze in cheese fondues.)

FROM mefels@triples.math.mcgill.ca (Mark Fels) besides the obvious macaroni & cheese, there is a surprising number of dehydrated foods in the grocery store. For pasta, there is a company that sells fancy little pastas in small plastic bags for making soup, but you can add less water and just make pasta. The packages come with dry peas, carrots, tomato base, and things like that (depending on the version you choose). A little overpriced if you were cooking at home, but cheap compared to freeze dried stuff. Knorr makes all sorts of soups that can be used as sauces or a source of cheap dehydrated vegetables. Betty Crocker makes dehydrated scalloped potatoes. You can get packets of brown gravy mix, a Knorr package of vegetables in a tomato base, add some dry mushrooms from a Chinese grocery store, and cook them with the potatoes for a yummy stew. One of the nature food type companies(the one that makes Nature Burger I thing) makes a refried bean mix and a black bean mix, as well as a polenta mix. For the cooking-impaired, there are directions on the package and everything. (Try a health food store, or bread&circus if you have such a place if your local supermarket doesn't carry them). Take a walk in the grocery store, visit some unusual ones (Chinese, Italian, health food) for more obscure items, and think creatively.

FROM ST402676@brownvm.brown.edu

Lipton makes these dehydrated rice and noodle dishes that are pretty good. The rice ones take 2 cups of water and boil for 10 minutes. The noodle ones say to use half milk so I add some dehydrated milk.
To make them a little more nutritious I add green beans, carrots, sun dried tomatoes, or other vegies that will last a while in a backpack. At around $1.50 for a package that will serve two, they are a hell of a lot more economical (and almost as good) as the gourmet freeze dried stuff. From bergen@milton.u.washington.edu (Scott Bergen)
Dumplings
Ingredients: 1 c. biscuit mix
Trail Directions:
1. Mix up by biscuits directions
2. Form the dough into balls the size of ping-pong balls. Set these on top of a stew or soup and simmer covered for 15 -20 minutes, or until the middle of the dumplings is dry.
Doughboys Ingredients:
2 c. biscuit mix
butter or margarine
jam or honey Trail Directions:
Add .5 c. cold water too 2 c. mix. Do not add more water than this or the doughboy will fall of the stick.
Mix and pat the dough around the ends of 4 sticks. Make each doughboy about 4 in. long by .5 in. thick.
Hold the doughboy over the fire to toast them slowly for about 10 min. or until the inside is done. Turn them as you would a marshmallow you were roasting to perfection, and occasionally pat the dough to keep it evenly distributed. (If it gets lopsided, it will tend to crack and fall) Pull the doughboys off the sticks gently and fill their cavities with butter, jam, or honey; add other ingredients according to whim.

Lentil Soup:
Trail Information:
time 30 min.
water 3 cups
equipment 1 pot
servings 2 to 3 Ingredients:
½ c. lentils
1 tsp. dried carrot flakes
1 tsp. dried minced onion
¼ to ½ tsp.salt
¼ c. potato buds
1 tsp butter or margarine
or 2 TBL. Parmesan cheese (opt.)
1 c. biscuit mix for dumplings (opt.) Trail Directions
Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.
Boil again, simmer for 15 min. Add potato buds and cook a few more minutes.
Add 1 tsp. butter or margarine or cut some Parmesan cheese into the soup. To make dumplings: add ¼ c/ water to 1 cup biscuit mix and make stiff batter. Follow earlier directions. Cover so they steam and cook until done during the last 20 min.
Black Bean Soup
It is possible to use other beans, like navy or pinto, to make this.
Trail Information
time 10 minutes
water 4 cups
equipment 1 pot
servings 4 Ingredients
2 c. dried cooked black beans*
2 beef bouillon cubes
1 Tbl. dried minced onion
½ tsp. dry mustard
2 cloves garlic
2 TBL. each dried green pepper and parsley (opt) 2/3 c. grated
cheese (opt)
1 TBL. butter or oil Trail Directions
Smash the garlic cloves with the flat of your knife to remove their skins. Cut into bits and cook for a few minutes in 1 tablespoon butter or oil in a pot.
Add the remaining contents of the bean bag and 4 cups water, and cook 10 min.
Add grated cheese or cut in a few tablespoons of cheese.
•
Dried Canned Beans (or cooked beans): Drain a 16 ounce can of beans of your choice. Mash or leave whole. Spread beans on a greased flat pan and dry in oven at 140F with the door propped open, for 6-8 hours, until they are crumbly. Reconstitute with an equal amount of water.
Kasha (buckwheat groats)
Trail Information

time 20 minutes
water 1 cup
equipment 1 pot, a second pot or frying pan
servings: 3
Ingredients
½ c. buckwheat groats
1 TBL. dry egg
2 TBL. dried leeks or onion (opt)
1 TBL. dried green pepper (opt)
generous TBL. butter or margarine
Trail Directions:
Boil 1 c. water.
Add 1 ½ to 2 TBL. cold water to the buckwheat mix in the bag you brought it in and mix it up.
Melt 1 generous TBL. butter in a frying pan or second pot, add the buckwheat mix and stir until the grains are coated and separate. Add 1 c. boiling water, cover, and simmer 15 min. or until the water is absorbed. I have run out of time for now. These all came from The Hungry Hikers Book of Good Cooking- by Gretchen McHugh. If these sound interesting, she has a few stew and soup recipes. Let me know if you want them.
This has become a traditional "first night" meal:
1 packet instant marinera mix
1 packet instant tomato soup
1 tube tomato paste
1 packet instant tortalini
Ignore all the directions and just dump it together The next is really disgusting to even think about, but somehow really hits the spot after a real death march:
1 or 2 Ramen bricks
good sized handful of instant rice
1 packet cheese soup
whatever else is loose and rolling around the food bag
again, just boil and simmer a bit. The result is very much like glue and might also be good for sealing seams, but the cheesy starch hits the spot like nothing else does.

FROM: m466am@blake.acs.washington.edu (Erostratus)
One summer I spent 3 months backpacking in Alaska. I started the trip with 20 packages of Ramen noodles. After a few days I was pretty tired of it. I kept getting suggestions from other people I met in the wilderness and ended up with dinners that where quite varied. Lunch and breakfast were harder (cheese-crackers/oatmeal). Fresh food is ok. You can carry fruit and veggies that wont spoil and if you are not going for more than 10 days at a time you can afford the weight (unless you have a change of clothes per day). Try onions, peppers, cucumbers....

Michel Helft

Two Ideas:
Cheese Fondue

Buy Package; very easy to make. Bring broccoli, bread crackers etc.
Knorr Soup & Pasta
Dissolve soup add lots of pasta (about 2 cups) and boil until past is ready.
Very thick, spice to taste.

Mark

Summary: suggestion with an eye towards minimizing cost:

My wife and spent 2.5 months backpacking in various places in the Northwest. Needless to say we had to solve the "food" problem and do it cheaply. The store bought dehydrated meals are way to expensive.
Dinner - we use a lot of grocery store noodle dinners. Lipton makes a variety of them like "Noodles Alfredo" or "Noodles Parmesan". Of course Macaroni and Cheese is always good. To get some beef into the menu we dehydrated our own hamburger and made Hamburger Helper—there are lots of varieties of this—our favorite was the lasagna. I can give you details on drying the hamburger. It's very cheap, especially when you compare it to the cost of buying dried meats or even making your own beef jerky.
engber@shorty.cs.wisc.edu (Mike Engber)

1. Dehydrated/"packaged backpacking meals": WHAT brands have you tried? Any favorites out there?
I've had some good luck with some of the mountain house stuff especially the chili and lasagna. The real trick is the extra stuff, spices and additions that you cook with it. I often take some extra packets of freeze dried meat to toss in with the main meal.
Something that nobody else has brought up yet, SPICES: Red pepper and Parmesan cheese saved from take out pizzas. Tabasco sauce. Horseradish and mayo in little packets saved from the deli. A good hot mustard (well OK, so I like hot food..). Garlic powder to mix with the fake butter (giving garlic bread to have with the lasagna.

Barry Needham

First, if you buy Bisquick or Jiffy Baking Mix, you'll find recipes for biscuits that require only milk to be added. By using powdered milk, these are pretty easy to make while backpacking. Haven't tried it myself, but I've heard you just make the dough and squish it into the bottom of a pan or wrap it around a stick.
Last summer, I went backpacking with a vegetarian, and we brought falafel mix. It comes in powdered form. You just mix it with water, form it into little balls, and fry them for about 5-10 minutes. It's great backpacking food if you like falafel. If you aren't sure, I'd try it in advance! Falafel is generally eaten in Pita bread, which is good, because Pita bread is another of my camping staples. It doesn't squash very easily, and it stays fresh pretty long. Another good thing is to buy squeeze tubes (at a camping store) and fill them with peanut butter or honey or jam.
For meat, we often bring one of those big 1 or 2 lb Italian "dried" salamis. They don't go bad, they don't get squashed, and they're pretty concentrated calories. The drawback is that they're pretty greasy, which can get to you after a while.

When we're car camping, we'll often mix a can of chicken soup with extra canned chicken meat, to form something between a soup and a stew. You can add carrots, extra noodles, etc. too. It's a bit heavy for backpacking, but you might be willing to carry it for one day, and eat it the first night. And of course, there's that college favorite—Mac and Cheese mix. The butter/oil that it calls for is a bit messy to carry, but it isn't strictly necessary. You can use powdered milk instead of regular. I find that backpackers are generally one of two types- the grazers and the gorgers. Grazers are happiest eating GORP, fruit, etc. all day long. Gorgers like to wait until dinnertime, and then eat one huge meal (saves time and effort, they try to tell me!) Best to figure out which type you are, so that you won't plan on eating huge dinners, then find yourself craving cookies and GORP, or vice versa.
Finally, there's a book that's been recommended to me which I've never looked through. It's called Simple Foods for the Pack, but if you get the Campmor catalog, I always see it listed in there. If your library has it, you might want to browse through it.

Margaret Martonosi
From mrm@garlic.Stanford.EDU

FRIED RICE: feeds 4
List of Ingredients:
1 lb rice
1 lb meat - ham, bacon
2 tbsp sesame oil
1 tbsp dried onion
2 tbsp corn oil (if ham is very lean)
1 pkg Kikoman fried rice seasoning mix (Soy sauce for additional seasoning)
Procedure:
1. Cook rice.
2. While cooking rice.
A. Cube ham, or bacon to ~1/4" squares.
B. Heat sesame oil in fry pan.
C. Fry ham and reconstituted onion until ham is slightly crisp
NOTE: Stir ham frequently and rice occasionally.
3. When rice is done rinse with cold water twice.
4. Add the cold rice to the just crispened ham mixture.
5. Gradually add the seasoning mix while stirring continuously over a VERY HOT fire.
6. Continue cooking until evenly fried.
This meal may be somewhat salty, but after a hard sweaty day on the trail that should not pose any problems. Most of my camping is being done in the BWCA of Minnesota, which is canoe country, and most of the time we are just paddling the load with portages in the ½ to 1 mile range, so the extra weight is not much of a problem. However, BWCA rules ban cans or bottles, and our trips last up to 2 weeks so most perishables are out at least for the last half of the trip. (BTW. Hunts has tomato sauce in a paperboard box)
Other meals I have come up with include Pizza, Beef Stroginoff, Spaghetti and Chicken rice-a-roni.

As for Ziplock's, I use seal-a-meal so I do not have to worry about the seal opening up. In fact, I have been sealing an entire meal into one large bag so I do not have to search thru all the packs for the various ingredients as they are all in the one bag (including matches and dish soap)

Vickey O Day

1. Spaghetti Sauce
I have had quite good success with dried hamburger and dried tomatoes to make a decent spaghetti. The other ingredients - spices, noodles - are easily backpacked.
In camp, add water to the tomatoes and hamburger several hours prior to cooking. Close to dinner, the tomatoes will be the consistency of tomato paste. Combine everything with more water and start simmering.
The result was a very good semblance of kitchen prepared spaghetti sauce. We had this meal early in the trip and again later. The meat and tomatoes seemed to keep fine (average temperature during trip was 60F). The only problem was the noodles. During the trip, the noodles got crushed up. It was like eating Spaghetti-O's or some other kids meal.
2. Spices
Dried and fresh spices are the easiest, most useful food to pack. Beefing up (so to speak) any packaged meal with your own personal touch of spices really makes a difference. It can make the difference between grub and a meal.

Travis Marlatte

I've found one can replicate the convenience of these package dinners and get somewhat better culinary results. Don't drain all the water out of a pot of regular pasta, toss in Milkman powdered milk, clarified butter, and Parmesan cheese, and stir a bit over low flame. For an easy seafood sauce, drain the pasta better, dump in a small can of clams or shrimp, Milkman, garlic, parsley, and olive oil, and again stir over low flame. Fresh or Angel Hair pasta gives best results at high altitude.
Even easier, just toss pasta with a spoonful of pesto, chopped nuts, and Parmesan cheese.
One reconstituted food that I've found tastes good, even at home (!), are the Fantastic Foods' refried beans/black bean products. They make great trail burritos with tortillas, dry Jack cheese, and salsa from hoarded Taco Bell packets (the only reason I stop at Taco Bell, by the way). from jreece@sousa.intel.com (John Reece)
Tasty Deserts
>From mcrae@grads.cs.ubc.ca you have a choice when packing your food to do it by day or by meals, i.e. all lunches together or breakfast, lunch, dinner and snacks for each day. I prefer the later method - as then I know what I can look forward to for treats later in the trip rather than eating all favorites first! I always take hard candies - as I get very thirsty and they seem to help and give a little energy boost at the end of a day's hike -you'll probably get lots of food tips - but here is one - take instant puddings add dry milk and then you only need to add water for a nice dessert. I also take granola with dry milk in it then
you can add water either hot or cold for a good breakfast. Do take some onions

(dried or fresh for adding flavor)
REMEMBER do not wash your dishes in the stream or fresh water.
Desserts - You can use dry milk to make pudding and it tastes just fine. Along similar lines - we discovered we could make the instant cheesecakes and instant chocolate mousse's you can find in most any grocery stores. Of course we weren't able to make the crusts, but we just sprinkled the Graham cracker crumbs on top.

Mike Engber

V Meat Dishes

Recipes with meat in them. Also included are some methods of dehydrating meat at home for use in the woods.
Using a commercial dehydrator, we dried out chicken that had been soaked in a flavored marinade (two kinds, actually, one soy-based and one Italian-style). What we didn't realize was that poultry goes directly from being "squashy" (and thus still hydrated) to being, well, hard. We ended up with well-seasoned chicken-flavored rocks that were much too much effort to eat after a day of backpacking.
I imagine that if you can get the meat just right, so that it actually has a jerky-like texture to it, it wouldn't work that badly. Oh, for those of you who are wondering why we didn't try to re-hydrate it... We did. Didn't work, even after 24 hours of soaking in warm water. Trust me, we had six months to play with it. It all boils down to one thing.—TRY YOUR RECIPES AT HOME FIRST!!!

FROM pnsf01dw@UMASSD.EDU (Dennis J. Wilkinson)

I dry largish quantities of hamburger before a trip. This is how I prepare it:
Buy 1 lb lean or premium hamburger (find ground round or ground chuck on sale). Chop up 1 onion, 2-3 cloves of garlic. I like adding a bit of lemon grass (available fresh at many Asian grocers; dried is OK. 1 tbsp dried; maybe ¼ cup fresh). Brown hamburger together with onion in a large frying pan; stir well to crumble things up. Cook until it's almost done (say, until there's almost no pink left). Tilt pan to collect liquid; drain it off (that'll get rid of a lot of the fat, which makes things go rancid). Add garlic & lemon grass; 1-2 tbsp flour, & soy sauce & black pepper to taste. Cook another minute or two. Remove from heat. Turn everything out onto a large baking sheet.
Pop baking sheet into a warm oven (120-140); dry until crunchy. Pat remaining grease off with a paper towel; put into a Ziploc bag. Keeps at least 2 weeks on the trail. Usage: Reconstitutes in warm water; cooks in about 5 minutes in boiling water. Makes a great addition to spaghetti sauces, soups, stews, etc.

from tran@sun-valley.stanford.edu

Rice Stuffed Trout
Ingredients:
1 pkg boil-in-bag brown rice
1 tsp oregano

1 tsp rosemary
2 tsp parsley
3 to 6 tsp olive oil
½ tsp salt
3 to 6 freshly caught 9 inch trout
heavy duty aluminum foil
Before leaving the house, premix the oregano, parsley, rosemary, salt and olive oil and store in an appropriate container.
At camp, boil the rice for the required time (usually 10minutes). Remove from water and allow to cool while preparing the trout. Prepare a bed of coals to cook on.
To prepare the trout, slit them along the belly and remove the entrails. Make a small incision at the gills and remove them. Finally, use your thumbnail to remove the kidney, which is located inside the body cavity right next to the spine. Do not remove the slippery coating on the skin of the trout. Open the rice packet, add the spices to it, and mix. Get a piece of aluminum of suitable size and put one spoonful of rice in the middle. Spread the rice to provide a bed which will protect the trout from burning. Stuff the trout with rice and place on the foil. Put another spoonful of rice on top of the trout and then make a rolled seam with the foil. Try to make the seams tight, and leave a little room inside the foil for expansion. You can put up to two trout in the same packet. Place the packets on the coals and let them cook undisturbed for about 10 minutes. Retrieve the packets, (careful!) open them and enjoy.

Larry Pyeatt

Anyhow, I will make my token contribution here, two that I remember as being particularly successful with the other members of the group:
Amounts are sketchy as this is a very plastic base on which to improvise:
1 cup of bulgur wheat
1 can of turkey chunks (tuna sized can)
1 small package of one of those instant gravy mixes from the grocery store. My current favorite is a green- peppercorn sauce by McCormicks (sp?) Assorted spices, garlic, sun-dried tomatoes, etc.
Cook 1 part bulgur (plus tomatoes, etc) to somewhat more than two parts water and when close to done, add the turkey and the gravy mix (half a package may do for two people) which should thicken the whole mess a bit. Variations are endless, but it is hearty tasting and filling, and bulgur seems to cook faster than rice or the thicker varieties of pasta, is more compact than the latter, etc., and is closer to brown rice than white for those watching their nutrition (look out, there's nutrients in that pot!) Some very strange things can be done with cous-cous as well and it only needs the addition of boiling water.

Ian Kay

Chicken-veg stir-fry

•
Bone and cut up some chicken parts into small pieces. Season with salt, pepper, fresh

garlic and anything else interesting. Put in a Ziploc, add some olive oil and freeze. *
Cut up some carrots, celery, scallions etc into small pieces, put in another Ziploc and freeze.
At camp, get your stove going, open up the chicken and cook, stirring often, until almost done. Add the veggies and cook a little longer.
Shrimp-thingy pasta
Mix about ½ pound of cooked (peeled) shrimp, some scallions, celery, pepper, garlic and spices in a Ziploc, add ½ can of chicken broth and freeze. Pack some pasta.
At camp, boil the pasta and set to one side. Heat up the shrimp mixture, mix with the pasta and eat.

Eduardo Santiago (santiago@lerad.pa.dec.com)

Dried Hamburger
Get the leanest meat you can get. Fat causes the dried meat to go rancid. I often grind my own to really get it lean.
Cook it, breaking it into small pieces.
Drain the grease, paper towels help sponge it up.
Spread on a cookie sheet, don't crowd it.
Put in the oven overnight, (6-8 hours) Oven should be on as low as it will go. I believe the exact recommended temp is 125 - 140degrees, which is lower than the first marked number on most oven dials.
The meat will come out in small, hard, dry, dust like pieces.
Seal in bags. Ziploc are OK, Seal-a-Meal is better. To use, boil in some water for about 5 min to rehydrate. Makes great Spaghetti sauce.
(chunks of cooked chicken are supposed to work also, but all I ever get is impossible-to-rehydrate rocks. I possibly over dried it)
Making Beef Jerky
While you have the oven fired up, make some Jerky also. Oven conditions are the same. Don't precook the meat.
Take a very lean (Trim off all the fat) flank steak. Cut it in very thin strips. Partially frozen steak makes this easy.
Soak it in your favorite marinade. Soy sauce with ginger root works good. Don't overdo it as it will get a strong flavor. hang it from the oven racks, and dry with the hamburger. Tastes GREAT!
To REALLY get all the fat out, put browned hamburger in a large wire colander (like a large tea strainer), and then put the whole thing into a large pot of water and let it sit for a while. The fat will go to the top a harden. Take of the fat, remove you colander with meat, and let it drain a bit. Then go through the drying process. Obviously, because the meat has been soaked, it will take longer to dry, but the lowered fat content makes a BIG difference in storage and rehydration time.
For really good results, buy or make a dehydrator :-)
Drying Hamburger Algorithm
I got the idea from an AT hiker in the Smokies.

The main goal of the process is to extract as much grease as possible from the meat. For blotting grease I used newspaper covered with a couple layers of paper towels. Maybe someone has a better suggestion.
1) get some ground beef. The leaner the better
2) cook it up and drain off as much grease as possible
3) spread the hamburger out in a cookie sheet on something to blot the grease. Put this in the oven at ~100 F for ~8 hours. There is a significant color change (darkening) to let you know when its done. You'll need to change the grease blotter a couple times and stir the hamburger around to make sure it all gets dried.
4) spread the hamburger out on a grease blotter and let it sit out and dry at room temperature for a few days. You'll need to keep it covered and you'll also need to periodically change the blotter and mix up the hamburger. I found that after a day or so it was sufficient to just change the paper towels as not much grease was getting through to the newspaper any more.
Now, what you have closely resembles gravel, but don't worry it becomes edible if you just boil it for ~5 minutes. We mainly used it for Hamburger helper:
1) boil the water (hopefully purifying it)
2) add the gravel and wait 5 minutes
3) add the Hamburger Helper noodles & let them cook
4) add the Hamburger Helper seasoning and cook to your own taste I also used the stuff to make some pretty good taco's once. We found we could get 2 meals for two people out of a single box (but then we always had a substantial dessert with it - pudding or cheesecake)
We packaged the gravel up, using a Seal-A-Meal, into ½ pound (original weight) packets. A pound of hamburger turns into about a cup of gravel after drying. I don't know the weight off hand, it isn't much, maybe 8 ounces. All this will vary greatly depending on how finely you break up the hamburger and how lean it is to start with.

Peter B.

Beef Hash with Gravy
Trail Information:
Time: 15 minutes
Water: 3 cups
Equipment: 1 pot, 1 frying pan, and a spatula Servings 4

Ingredients:
two 2 ½ ounce pkgs. cooked pressed beef, dried and crushed
1Tbl.dry milk
2 tsp. Butter Buds
2 TBL. dried minced onion
½ c. French's instant mashed potato powder, or 2 c. potato buds
3 to 4 TBL. butter or margarine
1 pkg. instant brown gravy mix Trail Directions:
Boil 2 c. water in a pot. Add the contents of the beef bag, cover, and simmer for 2 to 3 min.

Off the heat, add the potatoes and stir; cover and let sit fora few minutes. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the “hash” over medium heat until browned on one side.
Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min.
Turn the hash. Pour the gravy over the top. Brown the side that is down.
Quick Chili

Trail Information:
time 15 min.
water 1 ½-2 cups
equipment 1 pot
servings 4 Making and Drying the Chili:
1 pound ground chuck
½ cup finely chopped onion
2 cloves garlic, minced
1/3 c. finely chopped green pepper
Big pinch of oregano
small pinch of powdered cumin
1 TBL. chili powder
½ tsp. salt
6-ounce can tomato paste Brown the meat and spoon the fat off. Add the onion, garlic, green-pepper, spices, salt, and tomato paste. Stir and cook for 15 min. Let it sit for an hour if you can-this enhances the flavor. Spread chili on a greased shallow pan and dry in the oven at 140F with door propped open.

Trail Directions:

1. Add 2 cups water to the 2 cups dried mix, stir, cover, and bring to a boil.
2. Cook slowly for 10 minutes.
East Meets West Stew

Trail Information:
Time 1 hour soaking, 45 min. to 1 hr. cooking
Water 2 to 3 cups
Equipment 1 pot (2 if cooking rice)
Serving 3 (easily expanded by doubling or tripling the recipe)
Prepare Ahead Ingredients:
2 ounces beef jerky
8 medium or 6 large dried Oriental mushrooms
2 TBL. dried sliced onion, or 1 TBL. dried minced onion
1 beef bouillon cube
1 TBL. flour pepper to taste
1 cup biscuit mix, ½ c. rice
Trail Directions:
Soak the jerky in water to cover for 1 hr. in a pot. The last 30 min. add the mushrooms

and onions, and more water if necessary. Take out the mushrooms, remove their stems, cut them up, and return them to the pot. Bring the water and contents, plus bouillon, to a boil, cover and simmer for 30-40 minutes.
In a cup, mix a tablespoon or so of flour with water to make a thin paste. Stir this into the stew. 4. Set dumplings (made from 1 c. biscuit mix and ¼ c. cold water) on top of the stew. Cover, and cook 20 minutes longer. Or cook ½ c. rice in 1 cup water in another pot.
have attached some recipes using an exciting new product developed in Australia. It is a dried ground beef (not jerky!!!) which when water is added reconstitutes to a cooked ground beef. The process allows premium beef to be dried so that meat protein is preserved. Only the flavorings, pasta, vegetables or rice need to be added to produce a convenient meal.

regards,
Robyn Donovan
(donovar@dpi.qld.gov.au)
Mexican Mix (DRIED GROUND BEEF RECIPES from Australia)
125g Settler s Dried Beef Mince
1 pkt Taco mix seasoning
500 ml tomato pasta sauce
1 can red kidney beans
1 can corn nibblets
Add all ingredients together. If a little dry, add water to make it the consistency you like. Should not be sloppy. Can also take more than one bottle of tomato pasta sauce.

Thai Green Curry (DRIED GROUND BEEF RECIPES from Australia)
125 g Settler s Dried Beef Mince
1 teaspoon dried garlic
3 tablespoons curry powder
1 cup of frozen beans
1 tablespoon beef stock powder
2 onions chopped
2 can coconut milk
add water if necessary after cooking.
Brown onions in a pan for 3 minutes, add garlic, curry powder beef stock and all other ingredients. Bring to the boil and simmer for 10 minutes. Vary curry powder if too hot!

Rices of the World- Sate (DRIED GROUND BEEF RECIPES from Australia)
125 Settler s Dried Beef Mince
1 pkt of Sate Rice (Precooked rice with Sate flavoring)
1 cup frozen peas
In a bowl place 1 cup water, dried beef, peas, contents of rice packet and water according to their directions. Cook for the time suggested on the packet, stir and let stand for 5 - 10 mins.
Note: SETTLERS IS NOT TO BE CONFUSED WITH JERKY. SETTLERS IS A NEW COOKED DRIED GROUND BEEF PRODUCT AVAILABLE IN AUSTRALIA FROM PO Box

88,MORNINGSIDE 4170
AUSTRALIA Tel: 61 7 899 2857 fax: 61 7 988 0542

Editors Note: So as not to endorse any products specifically, it s perfectly acceptable to substitute dried hamburger or beef jerky for SETTLERS.

VI Assorted Stuff

Contains lots of individual people's meal philosophy, interspersed with good, simple, food ideas. Take as little or as much from each as you choose; they are all worth reading through, as some suggestions are neatly tucked away. Please note: all vegetarian ideas (from each contributor) are in section VII, although some good vegi ideas are also included in this section.
When I go backpacking (> 2 nights), I seldom take day hikes along the way (apart from high altitude ones, not so frequent for me here in the States). So I usually carry all my food with me. I usually carry:
NO gas-burners, NO pottery: (if it's cold, you get even cooler waiting, if it's warm, you don't need it)
Jam:
it's very high in calories for the weight. I usually carry it in ½ liter water bottles with a large opening, as they weigh less than glass jars, and close well enough not to smell too much for the bears.
Nutella:
it's very high in calories for the weight, and it's a real treat.
Italian style pork salami:
also hi-cal due to the fat and light, a real treat as well.
Bread:
to eat the above things. Also, otherwise I can't get my stomach filled. If space is a problem (it usually is), then I use Pumpernickel, a sort of very dense german black bread.
Sugar cubes, fig bars, and other hi-cal stuff ready at hand.
Dried fruit:
My favorites are apricots, figs and prunes.
Black chocolate of the bitterest type that can be found (70% cacao if possible), to be eaten as a reward when I really feel accomplished.

FROM luca@Xenon.Stanford.EDU (Luca De Alfaro)

We generally take a couple of freeze-dried meals for a one-week trip, just because we can count on at least one day where we arrive in camp very late, very tired, in the rain, and want to do the absolute minimum of meal preparation. Otherwise, we roll our own. Supermarket food is far cheaper, and freeze dried foods quickly begin to get boring. We generally take fresh steaks and frozen lima beans and wine for our first night out. There's something about a day of hard work and fresh air and a lake side setting that makes a charcoal broiled steak taste much better than at home or in a restaurant. We leave home

with the meat and beans frozen solid, in a small styrofoam cooler in the car (along with anything else that benefits from staying cool - cheese, margarine, sausage, etc).When we transfer it to the packs, a day later, it still has ice crystals in it. After 10 hours or so in the packs, it is up to room temperature by the time we are ready to cook.

We usually cook our evening meal and our leisurely breakfasts over a wood fire. We carry a stove for those few occasions when we're in a hurry, or when we just need hot water for a simple breakfast. Thus, we don't have to worry about fuel efficiency, and can boil or simmer foods as long as necessary. This allows a great variety of food. (I am speaking of lightly traveled routes in northeastern US, Ontario, Quebec. The amount of dry fire wood that I pick up to clear a space for the tent is enough to cook the first meal)

Pasta is always a good choice. The macaroni and cheese mixes (e.g.:Kraft) are quick and easy. Our children loved it, and now that they are gone, we still do it occasionally. Dress them up with dried beef, polish sausage, or whatever. We often take spaghetti, using our home-dried tomato sauce. Make any sauce you like, at home, even including ground meat. Or just use one of the standard bottled pasta sauces. Spread it in a thin layer on a Teflon cookie sheet and dry it gently. Set the oven to its lowest temperature, and leave the door open (I think the right temperature is around 130 degrees, and an oven control doesn't go that low). It takes a day or so. then peel it off the tray and put it in a Ziploc freezer bag. Store in the freezer until you leave. It is reputed to keep in the freezer for a full season, and in your pack for a couple of hot weeks. To cook it in camp: cook the pasta, drain but leave a little water, add the dried sauce to the water, and simmer and stir until reconstituted. It worked wonderfully.(after writing this, we bought a real commercial dryer. More convenient, faster, better for tender things like fruit) We take a little grated Parmesan cheese for extra flavor, and use it in a wide variety of meals. We like a mixture of lentils and rice, with a lot of cumin added (an eastern European dish learned from an Iranian friend). Sometimes we add a little polish sausage, dried beef, or whatever spicy meat we have available. Instant rice saves time. Lentils cook in 15 minutes or so.

Ginger shrimp and rice is my wife's invention, based loosely on something she found in a cookbook. She found tiny dried shrimp in an oriental food store. (These stores are a great source of very inexpensive dried seafood, dried mushrooms, etc.) Simmer instant rice, the dried shrimp, some dried mushrooms, and ginger (commercial dry powder if you're lazy, fresh if you're a gourmet) to taste (and salt, of course). Very cheap and very simple. Using a mix that's partly wild rice adds flavor and texture.

Almost any sort of cured sausage will keep for at least a week. We take hard salami or summer sausage, sharp cheddar cheese, and crackers or hard bread for several lunches. "Wheat Thins" survive well in the pack. The heavy, hard, European style dark breads(the deli section of many grocery stores often have these, usually in thin-sliced square one-pound bricks) keep forever and don't crush in the pack. The aged cheeses, which are firmer and dryer, keep the longest (months), but almost any cheese will keep for a week or so. Double-bag the cheese -cheddars and colby will ooze oil as they get warm. The little jars of dried beef ("chipped beef") in the supermarkets are almost as light as freeze-dried beef, far cheaper, and keep well. Transfer it to a Ziploc just before leaving. Use it anywhere you would use beef -we add it to lots of different things. Just remember it is salty, and season accordingly. Mashed potatoes and chip beef gravy would be an easy meal, for example. I would use dry milk (either non-fat or whole), freeze dried peas, a

few dried mushrooms, lots of dried beef, and a little liquid margarine. We take a small plastic bottle of liquid margarine and use it for flavoring, shortening (in pancakes, etc,), frying, etc.
The deli sections of the supermarket have other ideas: raman, various soup mixes, etc. The Lipton "cup-o-soup" individual packets are quick and easy. We used a lot of these when traveling with children.
Bagels and cream cheese make great lunches (and sometimes breakfast too!) Bagels are firm enough so they won't crush, will keep for up to a week sealed in a Ziploc before showing mold, and bread mold is harmless anyway. Surprisingly, the cream cheese seems to keep well too!. We take a tiny jar of cheap caviar, and spread a little on the cream cheese to add variety and flavor. Large cities usually have a bulk dried-food store which caters to Mormons and others who believe in keeping a long term cache of survival food at home. Such a store usually has a variety of very inexpensive dried vegetables, soup mixes, etc. Ours (Tadco, Rochester. NY) used to have dried tomatoes, dried powdered cheddar cheese, and various other useful items -I haven't checked lately. If you get the catalogs from the various suppliers of freeze dried backpacker meals, you will find that they offer a much broader selection than is available locally (check the ads in Backpacker magazine, for example). We like to order freeze dried beef or pork cubes, and use them in our own recipes. We've had good luck baking cornbread in a covered frying pan over a slow fire. (The cornbread mix available in grocery stores works fine - no need to mix your own unless you're a purist) We generally plan the trip for at least a couple of slow leisurely days where we can take our time over slow meals - pancakes and sausages, cornbread dressed up with grated cheese and beef shreds, etc. Frozen Brown-and-serve sausages also seem to keep for many days at room temperature. Granulated maple sugar reconstitutes in warm water into wonderful maple syrup for pancakes. It's sometimes hard to find. The last batch I found was at a country store/cider mill- (Schutt's in Webster NY)
Quick breakfasts are most often the individual serving packets of flavored instant oatmeal.
The dried fruit in the bulk section of the supermarkets makes good snacks and deserts. We experiment with various gorp recipes, for snacks and quick lunches. My favorite is just peanuts, chocolate chips, and raisins. We sometimes add cashews, sunflower seeds, toasted almonds, etc. If you don't like it gooey and stuck together after a hot day (we like it that way), use M&M's instead of chocolate chips.
We transfer most foods from their original packages to heavy-duty freezer Ziploc bags. Greasy stuff like the margarine bottle may get double-bagged, just in case. Sometimes we pre-measure the ingredients for a single meal, and put the several little bags into a single big Ziploc, labeled with a marking pen, for convenience. We've found that a standard Ziploc is not strong enough: the sharp ends of spaghetti will poke through it in the pack, for example. There's lots more. But this ought to give you enough ideas so you can start getting creative yourself. One thing to remember is that after a hard day in the woods, absolutely anything tastes good, so you can enjoy even your mistakes, and then write down your successes to use again next time.

David Damouth
from damouth@wrc.xerox.com

We bought a home dehydrator for less than $100 years ago. We dry raw veggies (including frozen corn straight from the bag), jerky made with raw meat, and cooked meat, all following the instructions in the book that came with it. I'm sure you could build your own machine with the help of a book on drying foods. Then, and this is the key for us, we do not sit down at home, decide what we will eat on each day of the trip, and pack it up into a gazillion Ziploc bags labelled Tuesday's Dinner etc. I am sure a lot of people will tell you to do this, but I think it's stupid. You have no idea how hungry you are going to be at the end of day seven while you are still in your living room. We take ingredients. Each morning, we decide what meat we will be having. We put the dried cubes in aplastic bottle, and pour boiling water on them - it was boiling for coffee anyway. It soaks all day and at night we cook noodles or rice or instant potatoes, make a sauce(tomato, mushroom whatever) for the meat cubes, and presto.
We have had chili, stew, curry, spaghetti, you name it. The dehydrated stuff comes out remarkably like the real thing. People who travel with us always feel spoiled because we eat real food. Oh yes: take a real onion or two, the flavor and texture of dehydrated onions is awful.
Another thing we do that may be too heavy for hikers is take old cheese, a long keeping sausage like Schneider's Summer Sausage, and bagels or English muffins for lunch sandwiches. We also eat a lot of jerky and dried fruit. And of course, frozen steaks wrapped in newspaper for the first night dinner: fried steaks, fried onions, and instant au gratin potatoes (ask me how to do oven recipes with a pot and a towel!) along with the last of the ice water (started the day frozen solid, thaws in the pack). That is always our traditional first night. Everything we take (except the steaks)isnon-perishable within a few weeks. Some of it would keep for months or years. We take no cans, no bottles, and because its dehydrated, it's light. Everyone who has travelled with us, and several more who haven't, have bought one of these home dehydrators. I often wish I had a cut of the ones my friends had bought (but, of course, I don't). If you want actual recipes or suggestions for ingredients to take that can go into many different dishes, mail back. This letter is long enough already.

Kate Gregory
FROM gregory@csri.toronto.edu

My cuisine as grown out of backpacking in New Zealand. (this is a warning):
Drink—try HOT jelly. Crystals or cubes. Strawberry is my favorite. powdered drinks help displace taste from iodine crystals. loose tea works too. breakfast—porridge. Those little packets which u just add water to are nice and convenient. Muesli, although nicer, I always find to be eaten quickly. Add lots of margarine. to increase the fat content.
I have travelled with people who add chocolate pudding (or any other milk based pudding) to muesli. This can taste gross (avoid lime flavor) , but boosts the fat & calorie content heaps. lunch—
I always take Ginger Snaps cookies or digestive biscuits for long trips (>4 days) and dispense with bread. If I do take bread, it's the rye (& heavy) variety. Wrapped in newspaper to extend it's "pack" life. Cheese, peanut butter, margarine. Small cans of tuna, pate, muscles, oysters etc. dinner—invariably, it's a combination pasta/dried

veggi/dried potato combination with meat if possible. Add chili powder to it and anything tastes okay. Minute noodles.
Always bring Bisquick. It's wonderful stuff. Add margarine. to everything. I'm not much of a cook when I go away, because I'm normally too exhausted to carry it and cook it. engber@shorty.cs.wisc.edu (Mike Engber)

(Erost ratus) writes:
>1 or 2 ramen bricks
>good sized handful of instant rice
>1 packet cheese soup
>whatever else is loose and rolling around the food bag I like spiking the ramen with a can of tuna (large or small, water pack albacore in LiteWeight ™ aluminum can), raw egg (I usually stir it in, Japanese soups often leave it soft-boiled) or some summer squash or whatever sliced up. This can give it a remotely food-like character. The can is actually very little extra weight, though Eugene may not want to drag it up the face of Half Dome... I like the price and unpretentiousness of food that can be bought at Safeway, not just the Karmic Mountaineering Institute. For the bread "food group", I have been unable to tire of Ak Mak"Armenian Cracker Bread". The label claims it is ultra nutritious, and it's light and VERY tasty. Reasonably priced and the best cracker I've ever tasted. Good with salami and Thalamic for a non-cooking lunch. As it is a cracker, it gets crumbly after time in the pack. pack, though. Also, I'll second the longevity of raw eggs. After a week on/off the trail, salami scrambled into fresh eggs and cheese are wonderful, life-style/diet permitting. I agree too, with the egg man: soft cheese for the start of the trip, hard cheese for later.

FROM: tomp@vicom.COM
Some of my favorites:

Breakfast—

The dehydrated eggs/omelets are pretty good. Adding a real egg to the dish improves the texture and taste considerably. Eggs are best carried in the cardboard containers which they come in from the store. Cut the container to the number of eggs needed for the trip and wrap it in a plastic bag in case of breakage. Place it in your pack near the top to avoid breakage, don't forget its there and sit on your pack when you take a break. Oatmeal is always good lightweight and sticks to your ribs. Ever had oatmeal with brandy in it for breakfast? 8-) Spam, scallion & cheese omelettes are good for a change of pace.

Lunches—
I like soup for lunch, it is lightweight and can be made thicker by adding more noodles, rice, etc. Also those little cans of Underwood Deviled ham, chicken etc. (about 3 oz.) make a nice sandwich. I usually carry some type of rolls instead of bread as they stay fresher and you can just tie the bag to the outside of your pack to prevent crushing.
Dinners—
There are several types of rice/noodle dishes carried by grocery stores which are pre-flavored. Add a small can of chicken, tuna, beef etc. for additional flavoring if you desire.

(Or a fresh caught trout on the side) I don't particularly like the Freeze-dried Backpacking meals (with the exception of Mountain House Chili) ventilate the tent well after this to prevent spontaneous combustion in the middle of the night! :-) General— Trail mix is nice but gets boring real quick. I usually use it for snacks while on the trail. I like to mix my own making two or three different combinations for variety.
A touch of spice makes any dehydrated meal much better. Get those small plastic spice and condiment containers from your local store. I like to carry mustard, salt, pepper, lemon-pepper, butter etc. I carry some fresh garlic and/or shallots. I also like to carry fresh green peas or beans. Corn on the cob is an option but is rather bulky and heavy for the food value. food from nature if you get into the right areas. DON'T EAT IT IF YOU CAN NOT POSITIVELY IDENTIFY IT, it might be OK, it might just give you stomach cramps or the shits, it could (rarely) kill you.
Carry 2-3 days of extra meals (freeze-dried this is only about 1&1/2 lbs) You will carry these back out 99% of the time. The other1% makes it worth the extra bother however.

Tom Pohorsky

I was the cook on our Easter trip to the Finnish Lapland, so I can give some hints. These are for a group of three persons.
Each morning we would eat some oatmeal, bread with butter, wurst and cheese and tea. For oatmeal we used those "just add hot water" portion packages, two of those and then we would split a package fruit soup between us three (really not a soup, but "kiisseli", "thickened fruit juice" says my dictionary). With wurst I mean that German sausage that looks like pepperoni, but is less spicy. It has plenty of taste and does not spoil very easily. For bread we had Finnish sour rye bread and hard rye bread, the former somewhat soft, the latter dried and hard. I don't know if you can find those in the States, most bread I have seen there is so full of chemicals and poisons, that even the bugs won't eat it. This package of bread at my kitchen says that it is made of flour, yeast, water and salt.
For lunch we would eat more bread and some "hot cup" instant soups. Just add some water. Once again easy and simple and I usually prefer a light lunch, when on route. I would usually eat an ordinary soup with some wurst added for taste and then a fruit soup as dessert.
We all three had thermos flasks that I would fill them up at the morning and so that we would not have to use the stove until evening. After the days skiing we would then have a bigger meal. Before the trip I had dried one kg of ground beef. This was done by browning the meat in a skillet and then placing it in oven at 50 degrees for overnight. The meat shrunk to 300 g, but would be usable again with some water added. Great for stews and like. Less weight and does not spoil as easily.
Our first mail meal was the traditional Lapland reindeer stew. Our total group was eighteen strong, and we were staying on a lake (frozen, of course). So when we were digging tents in, one of our group "found" a package of frozen lingon berries (like blackberry, but red and very sour) on his pack. While he was very loudly wondering what ever use could he find for those berries, another member of our group found one kg of reindeer meat in his pack. Now all I had to do was to fry the meat in a quarter kg butter and then let it stew for a quart, adding some salt and pepper, after which I made mashed potatoes in another kettle from water in the thermos and dried mashed potatoes. By that

time our tent was up, too, and I served a perfect reindeer stew to my friends, complete with mashed potatoes and lingonberries. The next night we were staying in one of those government cabins, which had a gas stove, so I made some spaghetti bolognese. Nothing special to it, I had again a sauce mix, so I just added some water and spices and garlic and herbs, and made the spaghetti on the other burner.
Other dishes were an Italian stew right from package, with some dried ground beef, spices and macaroni added and dried beef with mashed potatoes. Latter one was very simple, put water and dried ground beef in a kettle, heat up, add mashed potatoes and spices.
In the last morning of the trip I made some Finnish thin pancakes, which we would the fill with a freeze-dried stew. Beats oatmeal for sure. Otherwise I stayed far of those freeze dried foods, which taste all the same. Of course they could be developed with some garlic and spices... Spices, really, take a lot of those. Salt, pepper, chili, oregano etc. And some garlic, too. That way most anything can be made edible.
Most of the time we could get water from the lakes, but once or twice we had to melt snow, which takes more time and fuel. We did not have to bother with filtering or boiling the water, since the water in Finland is mostly clean, especially so in Lapland, where we were close to the source, like twenty or fifty km from the start of the river.
When camping out, I would build a wind breaker from snow blocks to shelter my kitchen. This was not as good idea as it sounds like, since I had soon ten other people there, messing my kitchen. Us cooks don't like that too much. As to Andy's original question, I would recommend some freeze dried meals, since the supply is much more plentiful in the USA than here. And then use a scale to weigh different things and make your mind up. Canned foods are not usually worth the extra weight, furthermore you have to carry the can back. Oh yes, remember to take an extra plastic bag or two to use as a trash bag. Personally I try to be very careful and not leave anything behind me.

Timo Kiravuo

Stews: Lots of things can be had commercially, (like at REI) but you may want to pick something up and then supplement it with a large amount of regular Egg noodles. Anything works fine, just make sure that they are thin enough to cook quickly. You don't want to wait longer just to have Thick noodles. Sandwiches: Forget anything in the traditional sense except for maybe the first day. Try a Cracker and Spread type of lunch. You can get it in the Supermarket also, but remember UNSALTED crackers, or you will make yourself miserable. Spreadables brand ham or chicken "Salad" works, but I hate the taste. Personally, I would go with the Cheese in a tube kinda stuff (Kraft makes some) or CheeseWhiz.
Other Lunches: Personally, I like a lunch of "trail mix" and Beef Jerky/ Beef Sticks (like generic Slim Jims) But whatever you get, make sure that you have a variety of stuff. There are a few books that you might want to try, including one about Backpacking foods that can be gotten in the Grocery store. E-mail me, and I will try to find it.
We regularly bake fresh bread on backpacking trips. Take wheat flower and yeast with you. Mix the yeast with some water and set in the sun. (i don't have the exact amount of water handy, but its the same as if you were baking bread at home). Let the yeast and water activate in the sun for a half hour and then knead with the wheat flour. Place flour

in a pot roughly 2" larger in diameter;
I mean place the dough in a pot 2" larger than the ball of dough Have a good set of coals burning. Find a flat rock roughly the same diameter as the pot, place it in the center of the fire, place the pot on top of the rock, cover the pot. The pot acts as an oven, and the flat rock keeps you from burning the bottom of the loaf. I forgot to mention to let the dough rise for 45 minutes to an hour.
It sounds like a long process but it is well worth it and its very simple. Let the bread bake about 45 min to an hour, check it with a fork, eat it while its warm. MMMMMMMMMM
-Pete

Go with as much powdered mix as possible, drinks etc.. As for the dry foods I prefer Mountain House and Alpine-air. Both are fast and easy to cook, just boil water. A lot of dried fruit comes in handy. Jerky is quick energy on the trail (I live on it !) and instant oatmeal is a high protein quick breakfast. One special treat I always take is a boxed spaghetti dinner (you know the cheap ones)It really hits the spot for dinner about three days into the trip, easy to fix, easy to clean-up. One last thing, I always carry aplastic jar of peanut butter to snack on.

FROM skywalker@dino.qci.bioch.bcm.tmc.edu

Some friends of mine had great luck carrying little other than beans, rice, and cheese. Believe it or not, they brought a pressure cooker. EMS used to carry special lightweight ones years ago, but I believe you can't find them any more. These folks just bought the lightest aluminum one they could find. Dried veggies and bouillon cubes might give you a bit more variety. The cheese will mold, but it's not harmful (especially low-moisture cheeses like cheddar and swiss.)
For sandwiches, get the densest whole-grain bread you can find (around NE the brand is Munzenmaier's) so it can't be crushed. It also keeps much better than ordinary bread. Pasta is great; butter or margarine are problems but olive oil is not (and more healthful, to boot.) Romano and Parmesan are relatively imperishable.

FROM ritz@smaug.enet.dec.com

My wife and I never buy the expensive dehydrated foods sold in outdoor stores. Everything from the local supermarket. I think we eat better than most in the back country. We've carried 10-12 days worth.
Here are a couple ideas:
1) I dry my own hamburger. It's not too hard and the only equipment you need is an oven, cookie sheets, lots-o-newspaper & paper towels. We use the hamburger to make hamburger helper there is a wide selection of types to choose from - my favorite is lasagna &my wife like oriental beef.
2) The Lipton noodle dinners are quite good. Parmesan noodle & Fetucinni Alfredo are two favorites. Kraft Macaroni & cheese is also good.
3) There are various instant puddings, cheesecakes, chocolate mousses you'll see in the pudding section. Royal & Jello are two brands we've tried. They're all good. You can't

really make the crust of the cheesecake so we just sprinkle the graham-cracker crumbs on top.
Some of these things need milk. Dry milk is fine for cooking -you can‘t taste it. I hate it‘s taste otherwise.
4) For lunch we carry bagels, peanut butter, cheese, a big stick of pepperoni. Stuff like that. Crystal light is really light weight compared to cool-aid, but you don‘t get those sugar calories. The weight difference is so great - we go for it anyway.
I can‘t offer much help for breakfast. My wife eats oatmeal which I can‘t stand. I have Carnation instant breakfast drinks (at least it‘s over quick) Pancakes take too long, but there are plenty of dry mixes to choose from. Brown sugar dissolved in hot water will make a passable syrup. You‘ll need oil or margarine + spatula and pan to cook them with. If you‘re really weight conscious pancakes are out.
One thing I‘ve wanted to dry is dried eggs - like dorms serve. The problem is I don‘t know where to get them. Obviously the outdoor stores sell them, but I know that they‘re available to dorms, etc at much cheaper prices.

ME

From: engber@gumball.ils.nwu.edu
Pancakes are easy. Use almost any recipe you want. You can simply take the recipe and put all the dry stuff in a baggy. Use dry milk instead of liquid, and add that to the mixture also. Eggs can be a problem, if you want to use dry, they can be found, we always carried a few with us. When you want to cook the pancakes, add the eggs, and the correct amount of water into the baggy, close and mix. You have pancakes.
Falafel is another. You simply need any falafel mix. We bought in bulk, so we carried it in a baggy. Again, all it needs is water. Mix in the bag and cook. For a sauce, we used catsup and/or mustard.. from the little packets you find in fast food restaurants.
There is a pan cornbread that I like a lot. The recipe is in Joy of Cooking.
I’ve made it almost every time I’ve been on the trail. Wonderful. All these recipes depend on your using some kind of oil. I’ve always taken a bottle of liquid margarine—it keeps well.
If you’re going to be high enough in the mountains it might be cool at night, I suggest some instant hot chocolate of some kind.
Other stuff—instant oatmeal. (It was great for the first couple of days, but went downhill rapidly in how much I liked it.) Of course peanut butter and jelly. If you like cheese, you can carry a hunk and use it for snacks or filler. The packaged instant foods(Lipton rices, for example) work very well. We fixed beans to go with the corn bread. Carry them dry until the morning of the day before you intend to eat them. Then stick them in a water bottle, fill the bottle with water and carry for that day. Twenty-four hours later, the beans are ready to cook.

Sean L. Gilley

Baking Bread, Making Yougart and Cheese in the Backcountry A Dutch oven works great, always seems to get it done just right. But the cast pots weigh a lot; so I use a BakePacker. They are light and work most of the time. I often cook sourdough bread and

pancakes from a culture I keep going. I also make yougart, from a culture I keep going. Heat Milkman lowfat milk to boiling, allow to cool till warm, then add culture and put whole thing in a warm spot. Add jam, vanilla, or chocolate syrup to flavor. I've also tried making cheese, and it worked. Paneen cheese (Indian (asian)). 1 qt Milkman heated to boiling with one oz of Wylers lemonade, stril and cool. It clots. Pour into T-shirt or bandana and squeeze out fluid. It makes a reasonable Ricotta like cheese suitable for casseroles.

Robert Arnold

Assorted Vegetarian

Assorted mixed and mashed ideas, specifically for vegetarians. Please note, there are good vegi ideas in other sections of this book, notable, IV. Dinners.
It is very easy to be a vegetarian in the backwoods. In fact, unless you are in a situation where food comes from hunting meat, meat is almost too much trouble to bother with. Beans and rice, the staples of my own semi-veg habits, are very compact and easy to carry.
If you have plenty of fuel (e.g. in a cabin or if you are in a place where firewood is not a problem), a good set of menu's can be planned around various kinds of beans and rice, with lots of spices, and a good lot of canned tomato paste to add flavor. Here are some bean and/or rice dishes. vegetarian chili (chili powder, kidney beans, onions fried in veg. oil, maybe some dried chili peppers. Serve over rice).
Split pea soup. Dried split peas, thyme, onions, carrots (onions and carrots can be freeze-dried). Add some mustard.
Lentil soup (like above, but with tomato paste and basil and oregano) Dhal (lentils and curry) serve over rice with yogurt if you have it. You can also take flour and make flat bread.
There are lots of other similar possibilities.
Also: Pasta in its infinite varieties. You can make a good pasta sauce with tomato paste and onions and oregano and the kind of tofu that comes entombed in a little foil box. (also the dried tofu available in oriental grocery stores) You can make nice pasta sauces using dried mushrooms as well. Cous-cous grain is incredibly useful stuff. You don't cook it, just pour boiling water over it. You can have it for breakfast like porridge, or use it instead of rice (in fact, try veggie cous-cous, with carrots, raisins, garbanzos, allspice, onions as a sauce).
Also, you can get "quick-cooking" polenta (cornmeal porridge), such as used in Northern Italy. Use it in place of pasta.
.....All this is so much better than the usual freeze-dried glop. Some is more suitable for "fixed base" camping than backpacking, where time and fuel is a limitation. However,

with a little effort, you may just bring back more “vegetarians” from the Cascades than you left with. FROM rtp1@quads.uchicago.edu (raymond thomas pierrehumbert)
Below is the backpacking menu which I used during my six week hike. Rather than carrying preplanned, or packaged, meals, I prefer to carry the ingredients needed to make filling meals. This makes it easier to estimate how many calories are being consumed. The only pit fall is that some ingredients are added to boost up the calories, and you may need them in excess of your tastes. Thus, there might be a tendency to skip ingredients, leading to insufficient consumption of calories.
I do not have any experience in cold weather camping, and I suspect that the diet below is grossly insufficient for that kind of hiking. One of you mentioned canoeing, and I wonder if canoeing falls into a similar category because of the high intensity of the sport and the cold water. You must judge. YOU MUST ALSO BE THE JUDGE OF THE APPROPRIATENESS OF THIS MENU FOR YOUR TRIP: I AM NOT AN EXPERT ON THESE MATTERS.
The diet below was designed to feed two people for a 6 day trip during summer at moderate backpacking exertion, i.e.: averaging 10miles per day, not 20 or 5. In practice, it lasted seven days, frequently. Constraints were that the ingredients must be common enough to find at small town stores because we replenished our supplies weekly by hiking down off the trail into town, and then back up (oh! the pain of those road walks with a full pack after being on soft trail with an empty bag!) This 6/7 day menu was repeated for six weeks. Finally, I only cook one meal per day, and then only on a stove. I will not use a fire for environmental reasons: the Appalachian trail receives so much use that it really can not support the use of campfires. Thus, this diet has minimal cooking.

Ingredients:
2 lb. pasta; (usually macaroni)
1 lb. drink mix; Kool-aid (intentionally adding sugar, for calories)
1lb. rice; (I used 20 minute rice, like Uncle Ben’s)
1.5 lb dry milk; Again, calorie booster. I don’t think I used as much as this, in practice. see note on taste, above
1 lb peanuts
1 lb sunflower seeds; In practice, these ended up as another pound of peanuts
12 oz Parmesan cheese; GREAT source of calories: light, & keeps well
1 lb peanut butter; another energy source
2 lb cheese; provolone seemed to keep best, others get soft and oily, but are ok
3 pkg soup mix; 1 box?, used to flavor rice
2 oz bullion cubes; (makes 16c.), in practice, I may have used soup mix, but I don’t remember.
1 lb raisins
1 lb dried fruit; In practice, this was another lb of raisins 1 lb. crackers; vehicle for ingestion of peanut butter :-) 2 lb. bread; have fun packing this one. it does better than you would expect 1 lb. vegetables; usually carrots and celery. These don’t pack much umph, but are necessary, for me 1 lb chocolate; m&m’s, every time!
2 sticks margarine/butter; Essential: this is one of the calorie powerhouses ½ lb fresh fruit; add according to your strength and desire 2 lb. cereal; (granola, grape nuts), used to

make gorp. carry more if you work harder, or are hungry. Sugary ones add calories, but are hard for me to swallow.
1 box pop tarts; these were added half way through the trip to beef up breakfast. They get smashed in your pack, but still are good. (NOTE: if you use a fire, don't make the mistake of thinking that foil wrappers burn. IT DOES NOT! Don't burn your trash: carry it out.) dehydrated vegetables; You can find them as Salad Greens next to the spice rack in most stores.
Using the Ingredients: The basic procedure is to eat constantly. Don't wait until you are hungry. For this, some of the cereal, peanuts, m&m's, raisins get together to make gorp. As the week proceeds, you will need to mixup more, but I like to keep the ingredients separate. Sometimes I will be sick of gorp, but the individual ingredients taste good. Beware of m&m wars with your hiking partner: they can get bloody! Other snacks are peanut butter on crackers, half a piece of fruit(split one with your friend), celery, or carrot. The fruit and vegetables must be rationed because they are so heavy.
Breakfast consisted of cereal w/ (reconstituted) milk, half a piece of fruit every other day (alternate w/ the fruit used for lunch or snacking. Thus, I had half a piece per day.), pop tart every other day, crackers with peanut butter, or bread w/ peanut butter. also gorp and cheese are ok. Lunch was cheese on bread, Finnish the bottle of drink mix you started in the AM, crackers & peanut butter, gorp or its makings, fruit as described above. Vegetables, as described above. Peanut butter and jelly works, too. Dinner: this is the time to use the margarine and milk powder to cram calories in. I had three meals which we used.
1.) Rice&veg. Cook up rice using soup mix for flavoring. Add dehydrated vegetables to the water. I tried to reserve some fresh vegetables for this, but did not always succeed. Add 1/3 stick of margarine or butter for the oil. Add dry milk, if you can. I think I used ½ lb of rice.
2.) Linguine al Fredo (backpacking style): cook macaroni (2/3 lb). Use ½ cup water, 4 tbl dry milk,1/3 cup margarine, 1 cup Parmesan to make a sauce. I carried oregano, pepper, salt, and basil for seasoning. To make: boil macaroni (if you're clever, you can add just enough water to get it cooked, plus2 cups extra which can be used with bullion to make broth. I try very hard not to throw away boiled water: you carried it, and the stove fuel, so use it!) After macaroni comes to a strong boil, take it off of the stove, and put on a small pot (large Al cup is fine. Sierra cups don't work well, so I carry a larger one) and heat the water. melt margarine, and add milk. You will swap the two pots as you do this to keep the water in the macaroni pot hot enough to cook the macaroni. When both sauce and macaroni are ready, add seasonings to sauce, pour over macaroni, and dump on the Parmesan cheese. The result if thick, and has more calories than anything you'll find in an instant pouch.
3.) Potatoes: I did not list this in the ingredients because it's not on my list, but I do remember doing this once or twice, probably when I was tired of rice, and macaroni. Just make instant potatoes, but beef them up with the standard 1/3 stick or margarine, dry milk, and Parmesan cheese. some fresh cheese is good too.
NOTES: I remember eating more than the meals above, but I can't remember what. Just be creative. If you are hiking hard enough to worry about the calories, you will eat anything. One hiker we met described dinner succinctly: eat until you're ready to gak. It's hard to get the calories down. The first day pack can be loaded with all sorts of good

stuff: extra vegetables, fruit, muffins, etc. I hiked with a group that had a simple rule: someone had to carry the pineapple. Etiquette required that the pineapple be eaten mid-trip. Sooner was a cop-out, later cruel. Melons can be substituted.
I hope some of this is useful for you. It's been 5 years since my last serious trip (grad school), and I have forgotten much of what I did. Please let me know if you have improvements to the diet. The fats should be switched over to carbohydrates, where possible, but it is very hard to ingest that much food. One final note, which should be something you already know. You should scald your pots with boiling water BEFORE using them. Scalding them when washing is a waste of time: they just go into your dirty pack. As a duty to the people that taught me how to hike, I must include the admonition to never wash your pots or selves in a stream: carry the water well away from the stream, or you will pollute the stream. Take only pictures, leave only footprints. If you can, don't even leave the footprints.

FROM efrank@upenn5.hep.upenn.edu

Firstly the generic 'stew' is the standard fare for us. We tend to eat vegetarian on hikes, reduces spoilage problems. Besides, this is an Australian talking so it can be bloody hot and meat, even precooked and preserved, is a dangerous substance after 9 days in a hot pack! The freeze-dried prefab meals, prevalent in this country, are too expensive at home so we only carry one of those for emergencies.
Our staples will hence consist of:
red lentils rice (brown or white depending on how much of a hurry you're in to eat)
black-eyed peas bulgar wheat (the densest dried food ever invented)
macaroni or shell noodles
cous-cous(sp?)
maybe green lentils too if the trip's long enough.
fresh vegetables. This was the innovation which made long trips more bearable. The choices are limited of course, carrots, potatoes, ONIONS, garlic, also carry nuts, maybe caraway seeds, sesame, croutons, ... Also a piece of fresh ginger, vital. Carry dried vegetables, the fresh ones are for taste, these probably provide the dietary balance, dried peas, carrots etc. Also dried Chinese mushrooms (or are they Japanese, shatake mushrooms I think they're called).
What else?? A bewildering array of spices. The cases from old 35mmfilm make great spice jars. Dried tomato powder or even dried tomatoes are a must too. As you can gather, the meals have an eastern flavor. Also carry dried packet soups, these are the appetizer. Utensils: two pots and maybe some heavy gauge foil, a sharp pocket knife.
Ok some specifics:
Pilaf: chop one onion fairly roughly and cut carrots into sticks. Add cumin seeds (whole) to the bottom of a hottish billy with melted butter (preferably margarine it saves you carrying oil). When they start popping add onion and chopped garlic (I didn't mention chopping garlic did I, remind me never to write a cookbook). Maybe some finely chopped ginger too. Now chop some nuts add them and fry for a minute or so. Add bulgar wheat. If you're ambitious you can fry this for a few seconds too but over a fire it's a great way of burning your meal (he remembers ruefully).Add water, this is the tricky part, you don't want to drain the meal at the end so you should add too little rather

than too much, this will require watching though. You may want a touch of chili here too and one of your packets of dried vegetables. Cook until the wheat absorbs enough water (not long fortunately). Serve and garnish with raw carrot. Another is a dahl: again fry some cumin, preferably ground this time but it doesn't really matter. This time chop the onion as finely as you can be bothered (the real recipe calls for onion paste). The main spice here is garum massala (sp again) which is a mixture of cumin, coriander, cardamom and, hmm, was it nutmeg? Also add some cayenne or chili. Fry this with the ubiquitous onion and garlic, for longer this time. Then add cubed potato, red lentils, rice and a biggish supply of tomato powder and maybe a dried tomato to remind you what it should taste like. This one can take half an hour to cook with the lid on and with constant vigilance. Near the end add some lemon juice (did I mention the lemon?)
Ok general format: we always carry two pots, largish and smallish. It goes as follows: when we arrive, soak soup, our favorite brand (forgotten what the equivalent is in this country) requires soaking. This is for the small billy. As soon as the tent is up and it's a decent hour, cook soup and eat immediately.
Feel two orders of magnitude better. Prepare meal in the big billy. Meanwhile:
rinse small billy well and soak dried fruit in hot water with some spice or sugar or lemon or all 3. This is a great dessert, reconstituted dried fruit is something I'll even eat at home! As soon as the main meal is finished, fill large billy with water or maybe rinse immediately and heat water for post-meal coffee (or, if you're civilized, tea8-). Eat dessert followed by tea and chocolate. Notes: 1) never be ashamed of a three course meal on a hike! 2) the interleaving of billy access. 3) all this goes out the window if lots of water is hard to come by, hence fresh vegetables and dried fruit, you've got no idea how good a carrot can taste under those circumstances. Ah yes, why the foil. Well I think there are lots of equivalents to this recipe, the Australian version is called damper. Mix up plain flour and water into a sort of library paste. Add dried fruit. Wrap AND SEAL in foil. Bury it at bottom of fire for about half an hour. Extract cooked fruit bread from foil. The outside will probably be burned, but unless something's gone awry that can just be committed to the flames and the rest enjoyed.

Hope this helps
Peter Rayner

p.s. probably the longest e-mail ever written!
p.p.s. soaking the black eyed peas? add them to boiling water, either the night before or over breakfast. Let them cool as much as you can then drain them and add moist beans to a plastic bag. Put back in billy which should be carried in another bag or so of course. Then they'll soak during the day. Someone I know had a more elaborate version of this where they carried a billy with water inside an insulating jacket. They literally cooked their beans on the fly!
Subject: summary of vegetarian camping food
Finally, here is a summary of the vast amounts of mail I received regarding vegetarian camping food. I was so happy to see that there are so many thoughtful and helpful net-ers out there! I tried to respond to everyone personally, but some mail bounced and I may have missed some people. You all gave be wonderful suggestions and I am a lot less apprehensive about the trip now.

Anyway....

GENERAL ADVICE
Most people agreed that carrying meat into the backcountry is more trouble than it is worth, due to preservation/freshness problems. And everyone showed me that vegetarian food is very easy to come by while camping. Most meat-eaters also stated that they are more than happy to skip the meat while camping.
One important consideration is fuel. Beans and rice are staples of many vegetarian meals, but if they need to cook for a long time they can be fuel-consuming. Choose instant rice and beans that cook quickly (i.e. lentils).
BRING YOUR FAVORITE SPICES!! Curry powder, oregano, garlic powder, thyme, basil....everyone seemed to agree that good spices can make or break a meal and add infinite variety to a menu.
Many people recommended premixing your meals at home, and bringing them in Ziploc bags to be cooked in the backcountry, which seems to eliminate things such as measuring cups, etc. Also, many people suggest using pre-made mixes such as humus mix and tabouleh mix. Although I generally avoid these at home, they seem to have a lot of merits in the backcountry when conditions are a bit more primitive.
Don't forget to soak beans overnight! This will cut down on cooking time. Someone suggested soaking them while you hike, by keeping lentils in a Nalgene bottle, filling it with water, and carrying it in your pack. Many people said that one-pot meals are the best—rice, lentils, dried veggies, spices, curry powder, salt, etc. Someone recommended rice: lentils in a 4:1 ratio.
Butter and cheese add flavor.
KITCHEN PHILOSOPHIES
With a majority of meat-eaters, the actual running of the kitchen can be a tricky situation. Most people thought that the best philosophy for the lone vegetarian is to be low-key about eating habits, and for the meat-eaters to be thoughtful and accepting of others' eating habits.
Vegetarians should take an active role in cooking to make sure there is some food they can eat. Vegetarians should also consider bringing some of their own supplies, if possible, "just in case."
Communal kitchens: a situation where cooking is shared and people eat family style. Vegetarians should take an active part in the cooking to make sure that they will have something to eat. A good strategy is for vegetarians to do the cooking once every few nights, and the eat leftovers for the meals in between. 'fend-for-yourself' kitchen: vegetarians should bond together or with sympathetic friends to share cooking if others want to eat meat.
FOOD IDEAS
1) vegetarian chili: chili powder, kidney beans, fried onions, chili peppers.
2) split pea soup: dried split peas, thyme, onions, carrots, mustard.
3) lentil soup: lentils, onions, carrots, celery, tomatoes, your favorite spices.
4) cous-cous!! many people suggested this grain. It doesn't need to be cooked, just soak for a few minutes in hot water. Add raisins and cinnamon for an oatmeal substitute, or cheese and pepper for grits substitute. Or add spices, or serve under stew or lentils, or...

5) pasta in general: look for types that cook quickly (look for thin spaghetti instead of the usual kind). Sauces can be carried in or made very easily with tomato sauce, mushrooms, onion, garlic, oregano.
6) humus: several people recommended the Fantastic Food brand instant humus. You can just add water, and some lemon juice if you have some.
7) tabouleh from a mix—add water, oil, and tomatoes. I personally often make tabouleh from a mix that I absolutely love, but I can't remember the brand name right now...
8) bring flavoring bases such as tomato powder, tamari, mushroom soup mix, and Knorr vegetable bouillon to complement your spices.
Nuts and seeds add texture and variety.
9) little packages of brie and Camembert make good trail treats.
10) granola: a staple for everyone! someone suggested mixing it with powdered milk and carrying it in a wide-mouth Nalgene bottle. Just add water!
11) Many people suggested carrying cheese, which survives well without refrigeration. Someone found that cheesecloth preserves the cheese better than plastic bags.
12) Canned fruit makes a good evening treat or dessert.
13) Instant rice can be used as a side dish or can be made into a pilaf with your lentils, spices, bullion, etc.
14) barley and bulghar wheat (one of my favorites) are also quick-cookers and can be served under stew, beans, etc. Or can be jazzed up with spices and served as a side dish.
15) add dumplings to any soup
16) ramen noodles are light and easily cooked—just check the "spice packet" for meat products. You can always substitute bullion for the spice packet.
17) potato stew—pancakes—omelets—macaroni and cheese—pasta salad.
18) Radhika's favorite lunch pack: tomatoes, onion, cucumbers, pita bread, bottled jalapenos, and instant humus. Make a pastewith the humus and water, spread in the pita, add other sliced ingredients, and wrap sandwich for lunch on the trail....yum!
19) sweet potatoes wrapped in foil on a fire cook well.
20) hot dog substitute: someone suggested white wave soy foods' 'meatless healthy franks' so you aren't left out and lonesome when everyone else is roasting Mystery Meat over the campfire.
21) boy scout/ hobo dinner: wrap chopped potatoes, onions, carrots, etc. in cabbage leaves and then wrap the whole thing in foil. Make sure you season with spices and a bit of water for moisture. Use your judgement for cooking time, and beware of the steam when opening the foil.
22) peanut butter cookies—high energy fruit bars—fruit leather—fruit-nut rolls—potato-cheese soup (all from gorp, glop, and glue stew cookbook)
23) fruit that lasts, such as grapefruit and cantaloupe (too bad I'm allergic to all melons =( )
24) several people suggested using TVP (Textured vegetable protein)and adding it to rice, stews, etc for more texture and extra protein.
25) Vegetarian manicotti: stuff shells with spicy refried beans, cover with enchilada sauce (or spiced up tomato sauce), and cheese.
26) fried potatoes with dill and carrots: curry, lemon, and cayenne; carrots and canned tomatoes and chili powder.

27) cheese and peanut butter on bagels
28) dried cheese tortellini can be cooked en masse with a good tomato sauce, with onions, basil, Parmesan cheese.
29) clarified butter from Indian grocery stores travels well and is tasty in small quantities.

I've tried various homemade preparations for dried beef and utilized this in grocery store bought dried sauce preparations like spaghetti sauce, stroganoff. One of the more interesting things I've tried is drying pureed squash paste in the oven so it's like a fruit roll. Out on the trail I mix this with some instant noodles and stock and curry.
It looks like lichen but it tastes great! This is a variation of a soup I make at home.
Another great thing for the first day or two out was to make Quesadillas. I dried a bean paste at home. Out on the trail I reconstituted it, spread it between two flour tortillas, stuffed in a little cheese and browned the tortillas on each side. It doesn't take as much time as pasta so it saves fuel. The only thing is that you have to make them in the first few days while you still have cheese and mold-free tortillas. If you really want to spoil yourself take along a small can of salsa. One last thing that worked nicely on a ten day trip was to take along a small can of minced clams and a couple of cloves of garlic, some dried milk, flour, noodles, and salt and pepper. We put up with the extra weight of the can so that we could have a nice meal on the last night out. Spaghetti with white sauce with clams and garlic. It was worth the weight! A six and a half ounce can of clams and ½# of noodles fed two hungry women easily.

alb1@quads.uchicago.edu (amy diane alberts)

The following is compiled from journal notes, written while I backpacked, telemarked skied, off-trail hiked, basecamped, and climbed 14,000 ft mountains for a month in Colorado. I'll try to stick to the following outline:
i.
General Food Planning
ii.
What we brought (complete food list)
iii.
Using the stuff for different meals and GORP
iv.
Discussion of baking and how to with various stoves
v.
How much to bring and our costs
vi.
Cooking routines and clean-up
vii. Conclusions
i.
When planning food for a trip, I think the most important desicion one has to make was whether to menu or bulk ration. Menu rationing is determining at home, when you buy food, on Tuesday, we'll have x for breakfast, y for lunch, and z for dinner, then packaging with appropriate labels: Tues Lunch, etc.. Bulk food rationing just refers to bringing various amounts (usually by weight) of

staples and packaging each ingredient individually. You then bust out all your food at camp, and mix/measure to fill the recipe you disire to cook on a particular day.

I think menu planning works great for short trips, but there was no way, at home in Ithaca, NY, that we could predict what we would feel like/want/need on day 22 of our trip in Colorado. For that matter, we didn't even know where we would be on that day! So we used bulk rationing for the trip, and that is what I'll further describe (of course, that doesn't preclude menu-rationers from specifically pre-planning dishes we ended up making—just prepackage the ingrediants we used for specific recipes!).

I'd also like to say that the National Outdoor Leadership school solely uses bulk rationing for their 21+ day-long trips; in the field, we used their NOLS Cookery recipebook to give us ideas on what to do. For the most part, we used the recipe-pamphlet as a jumping-off point. Without it, it can be very disconcerting to have 50 different food items in front of your face and you are wondering, where do I start? Also, at the end of our trip, when, one morning we only had oatmeal, cornmeal, a little powdered milk, and vanilla extract left. The Cookery proved very useful at showing us how to throw these ingrediants together.

If you are fretting about filling recipes in the backcountry with cup, tsp, and tbsp, etc. measurements, don't fret to much: just use what you have available. For example, my mug is 1.5 cups, my spoon is between a tsp and a tbsp—approximate. Also, any recipe that needs precise ratios of ingredients is not a very good recipe (for backpacking, where it is hard to get exact measurements), so it probably didn't work well, and thus we didn't include it. Also, most of backcountry cooking revolves around substitution and improvization (using the recipe, to well, guide you), so I wouldn't be too concerned about filling recipes down to the letter. Finally, if you don't like the way something turned out, try using the spices you brought along to turn it into something you do like.

ii.

That said, you're probably itching to find out what we actually brought: so here goes a long list (and remember, variaty is very important for the taste buds):

White Flour
Whole Wheat Flour
bran
brown sugar
baking powder
dried vegi bits
Tahini (pressed sunflower oil)
orange drink mix
grape drink mix
vegetarian soup base
instant Hot Chocolate
yougart balls, both raisen and malt covered
instant stuffing
Dried Black Beans
margarine (housed in the plastic container in which we bought it)

powdered milk
cornmeal
dried lentals
soy grits (dry)
cinamin
instant mashed potatoes
instant pudding: chocolate and pina-colata flavors Pasta (in Lasagna, Mac, Speghetti, and artichoke-noodle forms)
Instant Rice
Cheese (parmesam, chedder, and monteray jack)
carrots
refried beans (taken from a can, put in a Ziplok)
instant cream of wheat (actually, we sometimes had Grits instead) instant oatmeal (plain, rather than the more expensive, pre- flavored packets)
granola
bulgar
oil (stored in a jar)
peanut butter (the chunky kind)
cous-cous
chocolate chips
tomato based soup mix
terracki based spice mix
chili spice mix
pitas
7 grain bread
multi-grain (hot) cereal
vanilla extract
Logan Bread
pretzles, salted and unsalted
peanuts
raisens
dried fruit (prunes, bannana dates, pinapple, appricots, apples, pears)
cheroes
corn flakes
toffy-covered peanuts
sunflower seeds
chedder cheese-its
seasame sticks
walnuts
carob chips
gummy worms
spices: cinnamin, garlic powder, salt, curry, paprika, sage, rosemary, black pepper, garlic salt, chili powder, marjoram
tortillas
instant hummas mix
all ingredients (except margarine, peanut butter, and vanilla extract) were packaged by

putting the item into a plastic BULK Food bag that you find in the suppermarket. We closed the bags by tying loose overhand or slip knots in the plastic. For some items we used two bags; if a bag developed a hole, we just put the holy bag into another bag, and tied the knot. I'm against using the twist-tie thingies they have in supermarkets because I inevitably lose them and the wilderness doesn't need more metal trash. Also, the twist-ties do not seal water tight.

iii.

Using the stuff:

my GORP: pretzles, peanuts, raisens, dried prunes, pinapple, appricots, apples, pears, chocolate chips, cheroes, cornflakes, toffy-covered peanuts, sunflower seeds, granola (blueberry and strawberry kind), yougart covered raisens, Moth Balls (the yougart covered malts), chopped dates, dried bannana, chedder cheese-it, seasame sticks, walnuts, yougart covered almonds, and carob chips all went in.

You can tell I like variety; that's the best way to do it! I'd also suggust saving, individually, about 1/3 of the total (original) amounts of GORP indrediants and NOT mix them into your GORP. I found that I also like to snack on the individual ingredients by themselves. Also, most of the ingredients lend nicely as garnishes/additions to other main-course dishes, so it was nice to save some for that variety/capability. I carried the gummy stuff with my gorp, but didn't put them into the big bag—worms and nuts and grains just do not mix imho. My partner thought that the gummy connection was the only way to go. Each to his/her own.

Putting my spoon in the GORP bag during the day also made for efficient eating. As I am a normally messy person, small gorp bits (granola, eg) generally fall to the ground, creating a mess + high impact. The spoon cut down on the this. I didn't always use the spoon though; sometimes I was just in the mood to "GORP sift" and pull out special favored ingrediants like appricots and toffy-covered peanuts. Oh well. The one rule of GORP I made up two years ago is: there must be over 20 ingrediants in the bag, several of whose identity you don't know. Mystery GORP. In Colorado, I accomplished by throwing breakfast and dinner leftovers into the bag. On another trip I went on last winter, we had extra, uncooked, apple spiced oatmeal. After putting that into the gorp bag, my gorp had a very strong taste for the rest of the trip. I'm not quite sure I would do that again.

BREAKFAST: We used the baking stuff (flours, baking powder, etc.) to make pancakes on several days when we were base-camping and had time; we actually made a pretty good syrup out of melted margarine and brown sugar. Putting gorp items like dried fruit, chocolate chips, or the orange drink mix made for cool pancakes. For get-out-of-camp fast days, instant Oatmeal was good (I like it a lot, and even eat it at home often), but for those who hate Oatmeal and desire alternatives, cous-cous and granola are just as good. Cous-cous is awesome! and doesn't have that stick-to-your ribs feel that many people detest in oatmeal. Granola (if you like it without milk, dry, as I do) does not even necessate heating water. The 7-grain cereal requires about 5 minutes to cook, so it is not quite as fast, but it is sure good. The instant mashed potatoes worked good one morning, as did the cream of wheat. The cream of wheat (aka grits) take about 5 minutes to cook in boiling water, whereas you can just add boiling water over the instant

potatoes.
Of course all these carbohydrate-loaded grains would get tiresome by themselves; the brown sugar, margarine, cinamin, dried fruit, chocolate chips, and powdered milk were handy “spices” to add. This gave lots of possible combinations and hense, vary different meals. Use could also add honey, but I have not figured out an unmessy way to carry it. When I do...
For variety we also made oatmeal hotcakes. The night before, we added powdered milk, cinnamin, and the oatmeal together, poured some water over, to get a slight mush, mashed the oatmeal flat (kind of like kneeding), then let it sit in a tupperware container (my partner’s eating dish) while we slept. In the morning, we shaped the oatmeal dough-stuff into cakes, fried them on both sides for aprox 2-3 minutes, then served them with a chocolate syrup. We made the syrup simply by adding ½ handful of chocolate chips to melted margarine in the pan, and stirring until it was a thick melted liquid. The cakes were exquisite and in no way resembled oatmeal’s texture. This was probably our best breakfast the entire trip!
LUNCHES were the breads (pita, tortillas) coupled with cheese, peanut butter and/or tahini. Tahini is rather bland tasting, so if you do bring it, you’ll probably want to eat it in conjunction with another spreadable, or the hummus. Dried hummus is pretty expensive (>$3/lbs) so we had it only for one day. Oh, since the tahini is kinda liquidy/pasty, we carried that in a small tupperware container too. We probably could have had more variety here, but I never seemed to get tired of the cheese or peanut butter.
At home, before we left, I also baked some Logan Bread. This is some of the densest, most tasty, long-lasting bread I’ve ever had. A fist sized morsal, coupled with a hunk of cheese, is a very filling lunch! A friend of mine took this bread on his Mt. Denali expedition; on our trip, the bread kept for well over a month’s time after baking. We took 7 lbs of logan bread and that yielded (for two people) between 8-9 lunches.
Recipe Varations appear in Gorp, Glop, and Glue Stew with some neat stories (it got the name Logan because a team survived on this bread for several days when making the first assent of Mt. Logan). The basic recipe is:
2-3 cups honey + molasses
4 eggs (optional, include if you want to boost fat content; if you exclude, substitute 1 tbsp cornstarch + 2 tbsp water to make paste per egg omitted)
2 cups vegtable oil
1 cup melted butter or margarine
10-15 cups flour stuffs (any combination of white>

---------- Recipe via Meal-Master ™ v8.00
Title: Backcountry Scones
Categories: Breakfast, Breads, Camping
Yield: 2 servings
2 c Flour 1 c Milk -or- ½ c powdered
2 c Oats Milk mixed with 1 c water
2 T Sugar ½ c Raisins, sunflower seeds,
1 t Salt Currants, nuts, or other

2 t Baking soda Fillings
½ c Oil Water
IN THE FIELD: Mix all ingredients (use ½ c powdered milk mixed with water) except oil. Then add oil. Pat into a well-greased frying pan and score into sections. Cover and cook low heat until done—about 20 min.
AT HOME: Mix dry ingredients together. Blend in oil with a fork until mixture looks like fine crumbs. Add milk and pat into a large circle about ½ inch thick. Cut into small pieces and place on greased cookie sheet; bake 10-15 min at 425 deg until golden brown.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Blueberry Breakfast Cake
Categories: Breakfast, Breads, Camping
Yield: 2 servings
8 oz Fresh blueberries 2 T Sugar
2 c Bisquick mix ds Cinnamon
¼ c Powdered milk Water
Heat blueberries. While heating, mix bisquick, powdered milk, sugar, and cinnamon with enough water to make a thick batter. Drop large spoonfuls of batter onto the blueberries. Cover and let cook until the batter has become cakelike.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Easy Granola
Categories: Breakfast, Cereal, Camping, Grains
Yield: 4 servings
6 c Rolled oats -sunflower seeds
2 c Grated or preshredded 2/3 c Bran flakes
coconut 2/3 c Wheat germ
2 c Nuts, chopped (almonds, ½ c Vegetable oil
cashews, walnuts, etc.) ½ c Honey
2/3 c Sesame seeds -or-1 c Dried fruit
PREPARE AT HOME: Roast each of the first six ingredients separately in a 300 deg oven until lightly toasted. Combine. Stir in oil and honey thoroughly. Roast in oven at 250 deg until golden brown. Store in an airtight container.
IN THE FIELD: Add the dried fruit. Stir and serve with milk or yogurt.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Egg in the Nest
Categories: Breakfast, Camping
Yield: 1 servings
1 sl Bread (per serving) 1 T Bacon grease or butter
1 Egg (per serving)
Over moderate heat, melt grease in frying pan. The grease should cover bottom of the frying pan. Cut out a hole in center of bread the size of an egg yolk. Place bread in the

pan of hot grease. Break egg over hole in bread and pour out egg yolk to sit in hole. Fry the egg and bread to personal preference, flip once and serve.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Twigs and Rocks
Categories: Breakfast, Camping, Fruits
Yield: 4 servings
4 c Blueberry granola 1 c Raisins -or- currants
¼ c Oat bran ¼ c Bananas -or-peaches, dried
¼ c Walnuts, chopped Brown sugar to taste
4 c Raw quick oats Evaporated milk
¼ c Almonds, slivered Water
Combine all the ingredients. Add brown sugar and milk to cereal if desired. I prefer to eat it cold, but for a change of pace you can cook it up like hot cereal. Add 1 part cereal to 2/3 part water and heat until warm.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Eggs MacSanchez
Categories: Breakfast, Camping, Eggs
Yield: 1 servings
2 Eggs 2 sl Jerky
1 Tortilla (corn or flour) ds Tabasco sauce
2 Jalapeno peppers, diced
THE NIGHT BEFORE: Beat the eggs. Tear jerky into little pieces, and peel and chop the jalapenos. Add to eggs mix. Then add enough Tabasco to extinguish any flames caused by the jalapenos. Mix well and let sit overnight.
THE MORNING OF: Cook all of the runny stuff over low heat in a pan until it’s well done. Scoop it into a tortilla, add a little more Tabasco and hit the trail.

** Wilderness Ranger Cookbook U S Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Griddle Cakes
Categories: Breakfast, Camping, Breads
Yield: 2 servings
1 ¼ c Flour ½ t Salt
2 t Baking powder 1 Egg, beaten
½ t Soda 1 c Buttermilk
1 T Sugar 2 T Vegetable oil
Mix dry ingredients. Mix in egg, buttermilk, and oil just until moistened. Batter will be thick and lumpy. Pour on an ungreased griddle, approx. ¼ c at a time. Cook over medium heat until brown. Flip. Cook until done and serve.

** Wilderness Ranger Cookbook U S Forest Service **
---------- Recipe via Meal-Master ™ v8.00

Title: Jamie’s Granola
Categories: Breakfast, Camping, Cereal
Yield: 2 servings
3 Shredded wheat squares ¼ c Nuts, your favorite
1 ½ c Margarine ½ c Raisins
1 c Peanut butter 1 t Cinnamon
½ c Oats ½ c Powdered milk
½ c Sunflower seeds ¾ c Honey
¼ c Peanuts
Melt margarine in large pan. Brown shredded wheat. Add oats and brown. Mix in peanut butter, honey, powdered milk and raisins. Cook over medium heat and stir frequently until raisins bulge. Add nuts, sunflower seeds and cinnamon (sometimes I brown nuts separately). If it’s too dry, add more margarine or milk.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Superstition Surprise
Categories: Breakfast, Camping, Cereal
Yield: 4 servings
2 c Oatmeal ¼ t Nutmeg
1/3 c Raisins ¼ t Allspice
1/3 c Nuts, favorite chopped ¾ c Powdered milk
½ c Brown sugar Water
¼ t Cinnamon
Mix all ingredients in a ziplock bag before hitting the trail. When the breakfast bell rings ... pour boiling water over a bowl of Superstition Surprise and cover the bowl. Wait approximately 2 min. and then you’re ready to chow down.

** Wilderness Ranger Cookbook U S Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Sunrise Oatmeal
Categories: Breakfast, Camping, Cereal
Yield: 1 servings
¾ c Oatmeal ¼ c Apple, chopped
¼ c Dried bananas & raisins 1 c Water
1 T Powdered milk ds Cinnamon
Add ingredients to boiling water. Bring to a boil, reduce heat and cook for about 2 min. Serve.

** Wilderness Ranger Cookbook U S Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Eagle Cap Club
Categories: Brunch, Cheese, Meats, Camping
Yield: 1 servings
1 Salami, hot or spicy 1 pk Crackers, favorite kind

1 lb Sharp cheddar cheese
This is my favorite trail lunch. It's fast, easy and tasty. Slice the cheese and salami. Place between two crackers to make a sandwich. The ingredients can easily survive a ten-day hike in the heat.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Bagel Break
Categories: Brunch, Camping, Vegetarian
Yield: 1 servings
1 Bagel 1 Cucumber, thinly sliced
1 pk Cream cheese 1 Alfalfa sprouts
Cut bagel in half. Spread cream cheese over both halves, using amount to satisfy personal taste. Place cucumber slices and alfalfa sprouts on top and enjoy.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Sauteed Chanterelles
Categories: Brunch, Camping, Vegetarian
Yield: 2 servings
2 c Chanterelles (or other ¼ c Onion, diced
mushrooms) ds Soy Sauce
½ Clove garlic, chopped
Cook the chanterelles, onions, and garlic on low heat. The key to not overcooking these delicate mushroom is to continually remove the pan from the cookstove. If the garlic is turning brown or the onions are smoking, snatch the dish from heat. Slowly fry until the chanterelles soften. Add soy sauce and serve.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Let'seatus some Boletus (Sauteed Mushrooms)
Categories: Brunch, Camping, Vegetarian
Yield: 2 servings
1 c Mushrooms, sliced 2 sl French bread
1 Butter, stick Salt, pepper, garlic to
4 oz V-8 juice - taste
2 ds Red wine
Brush the organic debris from the mushrooms and peel the pores from the undersurface of the cap. Then slice them vertically in about ¼ inch layers. Heat up the pan until the butter is barely sizzling. Saute' the mushrooms for about 2 min., turning them as they begin to darken. Add V-8 spices, and wine. Stir while cooking for 2 min. Do not overcook. Use sauce leftover for dipping french bread.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Vitamin Balls

Categories: Brunch, Camping, Vegetarian
Yield: 2 servings
1 c Honey 1 c Soymilk powder
1 c Peanut butter ½ c Carob powder
½ c Wheat germ 1 c Sesame seeds
TO PREPARE AT HOME: Mix all ingredients together. Separate into bite-sized pieces and chill. Store in an airtight container and hit the trail.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Bongko Bean Spread
Categories: Brunch, Camping, Vegetarian
Yield: 2 servings
1 ¼ c Garbanzo beans, cooked 1/8 t Salt
¼ t Parsley ds Garlic
¼ t Chili powder Vegetable oil
1/8 t Cumin
TO PREPARE AT HOME: Mash the garbanzos or put through a food mill, ricer, or blender until they make a paste. Add spices and stir well. Store in an airtight, heavy plastic container. Eat with crackers or chips. If the bean spread seems too dry, add a little vegetable oil.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Pilaf de Resistance
Categories: Dinner, Camping, Vegetarian, Poultry
Yield: 2 servings
1 c Brown rice ¼ c Celery, diced
½ c Refried beans, instant 2 T Onion, diced
2 ¼ c Water ½ t Garlic, diced
1 cn Chicken or turkey (med) 1 t Celery, dried
1 sl Cheddar cheese ¼ t Salt
¼ c Green pepper, diced
Bring water to a boil. Add rice. Cover and simmer for 10 minutes. Then add all ingredients except cheese. Simmer and stir occasionally for 5 min. Add cheese and set aside with cover on. Serve when cheese is melted.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Hobo Stew
Categories: Dinner, Vegetarian, Camping
Yield: 2 servings
1 pk Lipton soup, any flavor 1 cn Chicken
½ Onion, diced 1 Stalk Celery, diced
½ Zucchini, diced 3 c Water
1 Jalapeno pepper, diced ds Curry powder, allspice,

1 Spinach noodles, handful - celery seed, red pepper
Boil soup in water. Add noodles and chicken. While the soup is coming to a boil, add vegetables slowly. Stir frequently. Once all vegetables are in and soup has returned to a boil, turn off heat and cover for 5 - 10 min. Add spices and serve. This recipe can easily be improvised, but it always turns out good and reasonably healthy for you.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Pig's Ass Chili
Categories: Dinner, Camping, Meats
Yield: 2 servings
1 lb Pork, diced 1 T Flour
½ Onion 1 Tomato, fresh
4 oz Green chilis, canned 1/3 c Water
½ c Cheddar cheese ds Garlic, salt, pepper
Cube and brown meat in skillet (drain off excess grease). Add onion and brown lightly. Add flour and brown. Add water, tomato, green chili, and spices. Simmer for about 20 min. Spread slices of cheese over top. Let melt and serve.

Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Six Grain Casserole
Categories: Grains, Camping, Dinner, Vegetarian
Yield: 2 servings
1/8 c Bulgar wheat 1/8 c Wheat berries
1/8 c Brown rice 1/8 c Barley
1/8 c Millet 2 t Spice mix
1/8 c Soy grits Water
Combine all grains and simmer in water for 30 minutes. Add spices, mix and serve. If we're talking deluxe camp, add cheese and veggies of your choice.
Spice Mix:: Combine equal parts of curry, salt, pepper, summer savory, thyme, wild seasons, and garlic powder.

Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Veggies and Pots
Categories: Dinner, Vegetarian, Camping
Yield: 2 servings
1 ½ c Potatoes, dried ds Oregano, garlic powder,
1 ½ c Veggies, dried -zucchini, - chili powder, & salt
bell peppers, spinach, ¾ c Cheddar cheese, grated
onions, mushrooms Parmesan cheese ½ c Powdered milk Water 1
pk Chicken noodle soup
Put all ingredients, except cheeses and spices, in pot with enough water to cover. Cook on medium to high heat, stirring occasionally, until potatoes and veggies are soft. Add seasonings to taste. Sprinkle with cheddar and parmesan cheese and serve. Fresh

vegetables may be substituted for dried ones and in any combination you may desire.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Flat Tops Trout
Categories: Fish, Dinner, Camping
Yield: 2 servings
4 md Fish ds Salt, pepper, and/or lemon
2 c Pancake batter - pepper
2 T Vegetable oil Water
Catch 4 medium sized fish using your favorite flies or lures. Mix pancake batter with water according to directions on package. Heat skillet with vegetable oil (it should be hot enough to bead water). Dip fish in batter. Turning fish often, cook until batter is browned. Add seasonings to taste and serve.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Tofu Curry
Categories: Dinner, Vegetarian, Camping
Yield: 2 servings
1 sm Bell pepper - of curry powder will
1 sm Onion - substitute)
8 oz Tofu, vacuum-packed 2 T Vegetable oil
1 pk Curry & shell pasta mix -or-1 ¼ c Water
- (1c whole wheat pasta Dried pineapple, raw coconut
shells, 2T dried peas, - raisins, and peanuts to
1t red pepper, and a dash - taste..
Dice bell pepper and onion and saute in oil until soft. Add cubed tofu and saute for a few more min. Add water and curry pasta mix. Bring to a boil. Lower heat and cook 20 min. Top with pineapple, coconut, raisins, peanuts and enjoy.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Tortellini a la Trinity Alps
Categories: Pasta, Dinner, Vegetarian, Camping
Yield: 2 servings
7 oz Tortellini, package Cheese, oregano, salt,
8 oz Tomato sauce - pepper to taste
2 Shallots, diced Water
4 Mushrooms, diced
Add tortellini to pot of boiling water and cook for 10 - 15 minutes until tortellini is soft and feeling no longer crunchy. Take pot off stove and drain all but a couple of teaspoons of water. Add tomato sauce, shallots, and mushrooms, and simmer over low heat for 2 4 minutes. Season to taste with cheese, oregano, salt and pepper.

** Wilderness Ranger Cookbook US Forest Service **

---------- Recipe via Meal-Master ™ v8.00
Title: Pep Jack Stew
Categories: Dinner, Camping, Pasta, Fish
Yield: 2 servings
1 c Noodles, any kind 2 oz Monterey pepper jack cheese
1 c Dried veggies, your favorite ½ c Shrimp
ds Vegetable oil Water
ds Garlic powder
Boil 3 - 4 c water (more if you want soup). Add dried veggies, oil, and garlic. Let simmer for 5 min. Add shrimp. Add noodles and cook until done. Drain broth (soup in a cup) or leave in. Grate cheese and mix in.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Chicken-Rice Curry
Categories: Poultry, Camping, Dinner, Vegetarian
Yield: 2 servings
½ c Instant rice 1 pk Chicken noodle soup
¼ c Raisins 2 T Curry powder
4 T Margarine 1 sm Chicken, boned in can
4 c Water
Saute rice and raisins in margarine. Add water, chicken soup and curry.
Bring to boil. Simmer for 15 minutes. When almost done, stir in chicken.
Heat until chicken is warm.

** Wilderness Ranger Cookbook US Forest Service *
---------- Recipe via Meal-Master ™ v8.00
Title: Pita Pizza
Categories: Dinner, Camping, Vegetarian
Yield: 2 servings
4 Pita or pocket bread 1 c Bell peppers, chopped
6 oz Can of tomato paste 1 c Scallion, chopped
¼ t Oregano ½ c Cheese, grated favorite kind
1 Clove of garlic ½ c Water
¼ c Onion, chopped 2 T Butter
4 Mushrooms, sliced
Combine tomato paste, water, garlic, oregano, salt and pepper over medium heat. In another pan, saute mushrooms, bell pepper, onions, and scallions in butter for a few minutes. Combine with sauce. In another pan, place one pita bread. Spread with sauce, top with cheese. Cover with lid and heat until cheese begins to melt. Remove and enjoy.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Marinated Green Beans
Categories: Dinner, Camping, Side dish, Vegetables

Yield: 4 servings
2 c Green beans, fresh 1 T Herbs, mixed - oregano, dill
1 sm Onion, chopped - basil, chevril
1 Clove of garlic, chopped 1 T Honey
2 T Vinegar ¼ T Dry mustard
3 T Olive oil ds Pepper, ground
Steam beans until they are just tender. then put everything in a container and mix. Double bag, zip-loc, or poly bottle can be used for storing the beans.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Spanish Rice with Stir-Fry Veggies
Categories: Camping, Dinner, Vegetarian, Mexican
Yield: 2 servings
1 T Vegetable oil 1 pk Spanish rice
1 sm Red onion, diced 2 sm Cans spicy V-8 juice
3 sm Yellow summer squash, sliced 1 c Water
1 Green pepper, diced 1 c Mozzarella cheese, shredded
Add veggies to heated oil and cover loosely with lid. Stir often for about 5 min., then set aside. In a different pan, combine V-8 juice, water, and rice and bring to boil. Let simmer for about 15 min. without a lid. Add veggies and stir. Sprinkle cheese on top and cover until the cheese is melted.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Chicken-Chuck
Categories: Poultry, Camping, Dinner, Vegetarian
Yield: 2 servings
3 Chicken breasts, boneless 1 lg Red onion
1 lg Green pepper 1 c Minute rice
1 lg Red pepper (sweet) Olive oil
8 oz Pineapple chunks Water
2 oz Apple juice
In a large skillet, brown lightly both sides of chicken breasts in olive oil. Add pineapple juice and chunks from can. Ring cut onion and peppers. Add to skillet along with apple juice. Cover and simmer over medium heat for 20 min. Meanwhile, boil water. Add rice, turn down heat and let simmer until rice is soft. Serve chicken over bed of rice.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Alpine Tortellini with Pesto Sauce
Categories: Pasta, Dinner, Camping
Yield: 2 servings
Instant pesto sauce ½ oz Parmesan cheese
10 oz Tortellini 1 oz Pine nuts or cashews
2 T Butter Water

Bring pot of water to a boil. Add tortellini, reduce heat and cover. When tortellini is soft, leave covered and set aside. In another pan, melt butter and add pesto sauce (follow instructions on pesto sauce package). Drain tortellini and add pesto sauce and nuts. Sprinkle with parmesan cheese.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Ginger Desperation over Rice
Categories: Camping, Dinner, Meats
Yield: 2 servings
½ lb Hamburger Honey
2 T Ginger root, grated Soy Sauce
1 c Broccoli, chopped 1 c Rice
1 c Cauliflower, chopped Water
½ Lemon
Rinse rice. Put in covered pot with 2 c water. Bring to boil at high heat. Turn stove down and simmer until done. (20-40 min. depending on stove and altitude). Brown hamburger in large covered pot over medium heat. Drain excess grease. Add ginger root, broccoli, cauliflower, and simmer over low heat 5-10 min. (vegetables should remain crisp). Squeeze lemon over it and mix. Add honey and soy sauce to taste. Serve over hot rice.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Paul's Breakfast Burritos
Categories: Camping, Breakfast, Eggs
Yield: 4 servings
6 lg Eggs - shredded (Pizza cheeses)
½ Bell pepper, chopped ¼ c Parsley, fresh chopped
¼ Red onion, chopped 8 Flour tortillas
1 c Mushrooms, chopped Vegetable oil
1 c Turkey sausage, sliced thin Picante salsa, mild to taste
½ c Mozarella, swiss cheese
Heat oil over medium heat in frying pan or wok. Saute bell peppers, onions, mushrooms, turkey sausage until softened or lightly browned. Add eggs and scramble. Warm tortillas in a covered pan. When everything is ready, spread egg/veggi mix on tortilla with cheeses and salsa to taste. Then be sure not to overfill your stomach.

---------- Recipe via Meal-Master ™ v8.00
Title: Snowmass Trout
Categories: Fish, Camping, Dinner
Yield: 2 servings
4 Trout, legally caught 1/3 c Corn meal
10 sl Bacon 1/3 c Bisquick mix
10 oz Green Olives, stuffed ½ t Corn starch
2 Cloves garlic Black pepper to taste

Mix corn meal, Bisquick, corn starch, and pepper. After catching and cleaning trout. Fry bacon until chewy. Remove bacon and set aside. Heat green olives in bacon grease. Slice garlic and place equal amounts in fish body cavity. Roll fish in corn meal mix. Slice chewy bacon into two inch strips and wrap around olives. Re-fry until bacon is more crisp. Remove wrapped olives and fry fish until golden brown. While frying fish, enjoy the wrapped olives as hors d' oeuvres.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Burrito Power
Categories: Dinner, Camping, Mexican
Yield: 4 servings
8 oz Refried beans 3 oz Salsa
2 Jalapeno peppers 3 oz Sour cream
6 oz Corn, canned whole kernel 1 pk Whole wheat tortillas
3 oz Black olives, canned Cheddar cheese, grated
Combine beans, peppers, corn, and olives. Cook until warm. Remove and cover. In skillet, warm tortillas. Spread mixture onto shells. Sprinkle with cheese. Fold over and heat until cheese melts. Then top with sour cream and salsa. Serve. Continue process until everyone screams enough!

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Red Lentil Glop
Categories: Camping, Dinner, Vegetarian
Yield: 2 servings
1 c Red lentils ds Pepper, garlic powder,
½ c Sunflower seeds - cayenne, and onion powder
½ c Onion, mushrooms, zuchinni - to taste
each or others to suit Cheese (any kind) chunked
personal taste Water
Bring water to boil. Add all ingredients except cheese. If using fresh veggies, add them after 5 min. Boil until lentils are reasonably soft (6-8 minutes). Remove from heat. Pour out excess water. Add cheese and stir until melted. Shovel into mouth with a trusty spoon.
Wilderness Ranger Cookbook US Forest Service **

---------- Recipe via Meal-Master ™ v8.00
Title: Mountain Brook Trout
Categories: Fish, Dinner, Camping
Yield: 1 servings
1 Brook trout 1 t Garlic, add more to taste
2 T Butter ½ t Dill weed
1 t Lemon 3 Bacon strips
Once the fish is caught and cleaned, prepare two sheets of tin foil large enough to seal your catch. Add all ingredients and seal tightly. Cook over medium heat, turning every

few minutes, until sizzling (approx. 20 min.). The bacon fat keeps the fish from burning.

Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Tortellini with Clams
Categories: Pasta, Camping, Dinner, Fish
Yield: 2 servings
8 oz Tortellini pasta ¼ c Red pepper
1 sm Can of clams 1 sm Red onion, optional
1 c Powdered milk -add water Parmesan cheese
and make it thick Water
3 T Butter Italian seasoning to taste
¼ c Green pepper
----------ITALIAN SEASONING----------Mix
equal parts of: Garlic salt
Oregano Coarse ground black pepper
Basil Thyme
Boil tortellini until done. Drain off excess water. Add butter. When melted, add other ingredients and cook until heated through.
NOTE: If you don't like your veggies crunchy, boil them along with the tortellini.
Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Alpine Spaghetti
Categories: Pasta, Camping, Dinner, Italian
Yield: 2 servings
½ c Pinon nuts 1 T Olive oil
½ c Romano cheese, grated Spaghetti noodles (for two)
¼ c Raisins Water
½ T Italian seasoning
----------ITALIAN SEASONING----------
Mix equal parts of: Garlic powder
Oregano Garlic salt
Basil Coarse ground black pepper
Thyme
Add spaghetti to boiling water. Mix in oil. Cook until soft. Drain excess water and add rest of the ingredients. Heat until warm. This is delicious when served with wild greens or alfalfa sprout salad.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Backcountry Burritos
Categories: Camping, Dinner, Mexican
Yield: 10 servings
1 pk Dried refried beans Lettuce, head
10 Tortillas 1 Tomato
Cheddar cheese, grated 2 c Water

Hot sauce or salsa
Bring water to boil. Add beans. Stir occasionally and then let stand 5 minutes. Put beans, cheese, hot sauce, lettuce, and tomatoes on tortillas and stuff yourself.
** OPTIONS **
Add sliced black olives, sour cream, or whatever your stomach desires.
** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Taco Salad
Categories: Camping, Dinner, Mexican, Meats
Yield: 2 servings
1 Chili con carne, med can ½ sm Onion
3 oz Mild salsa ¼ Lettuce, head
Tortilla chips, to suit Cheddar cheese, grated
½ Tomato
Heat up chili and salsa on stove. Pour over a plate of crushed tortilla chips, easily obtained by putting them in the bottom of your backpack. Dice up tomato, onion, lettuce. Mix with chips and chili. Cover with grated cheese. Let cheese melt, then enjoy.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Regurgitate de la Prospector con Yama Yama
Categories: Camping, Dinner, Vegetarian
Yield: 2 servings
1 c Rice 1 c Seaweed
½ c Lentils 6 sl Cheese, favorite kind
1 c Sunflower seeds 1 ds Cayenne, to taste
½ c Flax seeds 2 ds Lemon, thyme, dill,
15 Prunes, pitted - basil and sage
1 Yama yama barley tea bag Water
1 T Margarine
In water, cook rice with lentils, prunes, and seeds. Once boiling, dip tea bag in for 5 - 10 minutes. Then add margarine, seaweed, cayenne, and spices. Mix. When rice mixture is near done, add cheese, reduce heat and cover until cheese is melted. Drive trusty spoon through crust and then gorge oneself.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Chicken Ramen Goulash
Categories: Poultry, Dinner, Camping, Pasta
Yield: 2 servings
1 pk Chicken Ramen noodles ½ c Celery, chopped
6 ½ oz Chicken, can Other vegetables to taste
Mushrooms, sliced to taste Salt & Pepper to taste
Make soup according to directions on package. Just before noodles are cooked, add the remaining ingredients and cook until warm.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Cajun Style Fish and Rice
Categories: Cajun, Dinner, Camping, Fish, Alcohol
Yield: 3 servings
16 oz Fish fillets 1 T Red pepper
1 lg Onion 3 T Black pepper
4 oz Butter 1 c Dry white wine
3 Cloves of garlic 4 c White rice
1 t Salt Water
Cook rice in water. Dice onion and garlic then brown in butter over medium heat for 10 min. Add ½ c water (or 1 c wine) and seasonings to onion and garlic mixture. Cover and simmer on low heat for 30 min., stirring occasionally. Add fish, cover and simmer for an additional 10 min. Don't overcook. Serve over rice.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Ute Lake Tacos
Categories: Camping, Dinner, Mexican, Meats
Yield: 2 servings
6 Blue corn tortillas 4 sm Green onions, chopped
1 c Cheddar cheese, grated Cumin, garlic, chili powder
½ lb Ground beef - to taste
2 T Vegetable oil Salsa to taste
Cook ground beef. Add seasonings. Pour oil into small pan and heat. Fill each tortilla with beef, onions, and cheese. Fold over into a sandwich. Fry both sides for about 1 minute. Remove from pan. Drain on paper towel or cloth. Add salsa to taste and serve.
variation
*
Add diced cooked potatoes to meat mixture.
** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Simple Mountain Bulgar
Categories: Poultry, Camping, Dinner, Vegetarian
Yield: 2 servings
1 c Bulgar wheat 1 sm Carrot
½ pk Knorrs Minestrone Soup mix 1 Clove garlic, smashed
2 1/3 c Water 1 Can of chicken
1 sm Zucchini
Combine Knorr's soup mix with water and bring to boil. Pour in bulgar wheat and garlic. Stir. Bring mixture back to a boil. Turn stove to low, cover and let cook for 12 min. Listen to ensure that it doesn't burn. Add veggies and chicken, then cook another 4 - 5 minutes until done. Add more water as needed. The more variety of veggies you add, the more tasty the recipe.

** Wilderness Ranger Cookbook US Forest Service **

---------- Recipe via Meal-Master ™ v8.00
Title: Pine Needle Tea
Categories: Camping, Beverages
Yield: 2 servings
½ c Fresh pine needles, crushed 1 c Water, boiling
Pine needles are rich in vitamin C, and they are pleasant to chew on. Place the pine needles in a tea ball. Steep in boiling water for about 5 minutes. Add honey to sweeten to taste. Enjoy a drink that smells like Christmas.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Whole Grain Baking Mix
Categories: Camping, Breads
Yield: 1 servings
2 c All purpose flour ½ c Cornmeal
2 c Whole wheat flour 1 c Shortening
¾ c Powdered milk 2 T Baking powder
½ c Quick cooking oats 1 t Salt
TO PREPARE AT HOME: In a large container, thoroughly combine dry ingredients. Using a pastry blender, blend in the shortening until evenly dispersed. Store tightly covered, up to 2 weeks at room temperature or up to several months in the refrigerator.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Whole Grain Biscuits
Categories: Camping, Breads
Yield: 3 servings
1 c Whole grain baking mix 1/3 c Water
Mix just until moistened. Drop dough by spoonfuls on greased skillet, cover and cook 10-12 minutes.

** Wilderness Ranger Cookbook US Forest Service *
---------- Recipe via Meal-Master ™ v8.00
Title: Whole Grain Pizza Crust
Categories: Camping, Breads, Italian
Yield: 2 servings
1 c Whole grain baking mix 4 oz Pizza sauce
¼ c Warm water Favorite Pizza toppers
½ pk Active dry yeast ½ c Pizza cheeses
Soften yeast in warm water. Stir in baking mix. Knead about 25 strokes. Let rest 10 minutes. Grease skillet. Pat crust onto bottom of pan, building up the edges. Cook about 10 minutes. Spread pizza sauce on crust, sprinkle with favorite pizza toppings. Top with pizza cheeses (mozarella, swiss, romano, parmesan, etc..). Cook 10 minutes or until cheese is melted.
HINT: Put a heat diffuser between skillet and flame to keep the bottom from

overcooking.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Cous-Cous Menagerie
Categories: Fish, Dinner, Camping, Vegetarian
Yield: 2 servings
3 c Cous-cous 1 c Fresh veggies, sliced
1 c Boiling water -your favorites
1 pk Knorr's tomato-basil soup 2 Cloves garlic
¼ c Powdered milk ¼ c Parmesan cheese
1 Can of clams Basil, marjoram to taste
Add cous-cous to boiling water, cover and remove from heat. Let sit for 10 minutes. Combine other ingredients in separate pot and heat on stove. When warm, add to couscous.
Sprinkle with parmesan cheese and enjoy.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Upside Down Pizza
Categories: Camping, Dinner, Italian
Yield: 2 servings
2 ½ c Flour 1 t Sugar
1 T Yeast 1 c Tomato sauce
1 c Warm water 1 lb Mozarella cheese
ds Salt 1 c Mushrooms, sliced
1 T Oil Other favorite toppings
Dissolve the sugar, salt and oil in the warm water. Dissolve yeast into water solution. Let stand 5 minutes. Mix flour in until it's not sticky and knead well. Let dough rise about 15 minutes. Flatten dough and cook it on a low flame in a skillet. Turn over and cook the other side until a light brown. Set aside. In the skillet, add cheese, mushrooms, and any other pizza toppings. Add tomato sauce. Place crust on top of the sauce. Cook for 10 minutes on a low flame or until cheese browns. Flip over and let stand for a few minutes before serving.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Pat's Pasta and Stir Fry
Categories: Pasta, Camping, Dinner, Vegetarian
Yield: 4 servings
----------PASTA----------
3 c Flour, all purpose 4 T Oil
1 c Flour, whole wheat Water, enough to cook pasta
4 Eggs
----------SAUCE----------
8 T Butter or margarine 4 T Garli-Ghetti seasoning

2 T Bacon bits
----------STIR-FRY VEGGIES----------
¼ c Broccoli, chopped ¼ c Celery root, chopped
¼ c Zucchini, sliced ¼ c Almonds or cashews
¼ c Summer Squash, sliced 1 sm Water chestnut, canned
1/8 c Onion, chopped 2 sl Tree of life - Baked Tofu
1 c Mushrooms, chopped - cubed
¼ c Bok Choy, sliced 4 T Oil
¼ c Celery, sliced
** Pasta **
Sift the flours together onto the work surface and form a “well” in the center. Add the eggs and oil to the center of the flour and knead the dough together, scraping the flour from the outside into the liquid ingredients. Once the dough has formed a nice, smooth ball, continue to knead it by hand for several minutes. Using an Atlas Pasta machine roll the dough out into sheets and allow to rest prior to cutting into noodles. Cut the sheets into fettacine noodles. Place in large pot of boiling water and cook for about 8 to 10 minutes. Drain. Place servings into large shallow bowls.
** Stir-Fry Veggies **
Slice and chop all veggies. Heat together with oil in wok until slightly softened. Don’t overcook... Place servings on top of hot noodles.
** Sauce **
Mix the butter, bacon bits, and seasoning together in medium sauce pan. Heat over low to medium heat until ingredients have melted and blended together. Spread over noodles and veggies.
Be sure to skip lunch as this is goooooood and filling too.!!..

---------- Recipe via Meal-Master ™ v8.00
Title: Veggie Spaghetti
Categories: Camping, Dinner, Pasta, Vegetarian
Yield: 2 servings
2 pk Ramen noodles 1 t Italian herbs
1 sm Zucchini, thinly sliced ½ t Garlic powder
1 sm Onion, chopped Water
1 sm Tomato paste, can
Start by thinly slicing the zucchini squash and thinly chopping the onion. Boil the noodles and zucchini together until cooked. Drain all but about ½ cup of water and add the spices, tomato paste and onions. Stir and beat as desired. Enjoy...

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Quesa Noche’
Categories: Camping, Dinner, Mexican, Cheese
Yield: 6 servings
6 Flour tortillas 1 Bell pepper
½ lb Cheddar cheese Salsa to taste
1 Onion

Cook tortillas over medium heat in pan. Sprinkle chopped onions, bell peppers, and salsa over one half of tortilla while it is cooking. Then put cheese over the same half, on top of the ingredients. As soon as the cheese starts to melt, fold the untouched tortilla half over to make a half circle. Turn the quesa noche' over until the cheese is melted. Then serve with more salsa.
** Option **
Add sliced black olives, mushrooms, leaf spinach, or the meat of your choice to change the flavor.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Crab and Cheese Curry
Categories: Camping, Dinner, Fish, Vegetarian
Yield: 2 servings
1/3 c Powdered milk ds Salt
2 c Water 2 ds Pepper
1 ½ T Butter 4 oz Crab flakes
1 ½ T Flour 4 oz Cheese
1 ½ T Curry powder ¼ c Rice
Mix the powdered milk and 1 c water. Set aside. Cook rice and set aside. Melt butter in medium pan. Stir in flour to create a paste. Slowly stir in milk. Heat for a few minutes then add spices and cheese. When cheese has partially melted, stir in crab flakes. (Keep crab frozen until ready to leave for trip. It will last 2 to 3 days.) Heat until hot. Serve over rice. Enjoy.....

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Coyote Lake Zucchini
Categories: Camping, Dinner, Vegetarian, Cheese
Yield: 2 servings
2 lg Zucchini, sliced 1 ½ c Minute rice
1 sm Can tomato sauce 1 c Cheese, grated favorite
1 pk Onion soup mix Water, as needed
Slice zucchini and place in pot with tomato sauce. Mix in onion soup mix and ½ c water. Let this simmer at low heat until zucchini are tender. In another pot, prepare minute rice according to directions. Once zucchini is tender and rice is done, mix all the ingredients of the two pots together. Add grated cheese, mix evenly and chow down.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Chicken and Dumplings
Categories: Poultry, Camping, Dinner, Vegetarian
Yield: 2 servings
1 c Flour 1 Carrot, chopped
2 t Baking powder ½ Onion, chopped
¼ c Powdered milk Salt, thyme, oregano, basil,

2 T Vegetable oil -pepper, parsley, sage to
1 sm Can boned chicken -taste....
1 Stalk celery, chopped 4 ½ c Water
Dumplings:
: Mix flour, baking powder, milk, and salt together. Add ½ c water and oil and mix until moistened.
Chicken Broth:
: Combine chicken, celery, carrot, onion, and spices with 4 c water. Bring to a boil. Reduce heat. Drop dumpling dough by spoonfuls into broth and simmer until dumplings are cooked.
Variations:
: Add zucchini, chili powder, green chili, or cabbage to chicken broth. Substitute ramen or veggie noodles for the dumplings.

** Wilderness Ranger Cookbook US Forest Service *
* ---------- Recipe via Meal-Master ™ v8.00
Title: Dandelion Salad
Categories: Vegetarian, Dinner, Camping
Yield: 2 servings
6 c Dandelion leaves, young & 2 T Brown sugar
tender ¼ t Salt
4 sl Bacon 1 T Lemon juice
2 T Vinegar 1 Egg, hard boiled
Cook bacon over stove. When done, remove and cool grease. Add vinegar, lemon juice, sugar and salt to bacon grease and heat slowly while stirring. Pour hot bacon dressing over washed and dried dandelion greens. Add chopped egg and crumpled bacon to top and eat as you watch the clouds roll by.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Linguini and Clams
Categories: Dinner, Camping, Pasta, Fish, Vegetarian
Yield: 2 servings
½ c Olive oil 6 oz Can of clams
½ t Pepper 3 T Parsley
½ c Parmesan cheese ½ c Mushrooms, dried
1 t Oregano 1 T Onion, dried
2 T Basil 16 oz Linguini noodles
3 cl Garlic Water, as needed
Reconstitute onions and mushroms in water for a few minutes. Drain. Saute onions and mushrooms in oil. Add herbs and seasonings. Pour in juice from can of clams. Simmer for 15-20 minutes. while cooking noodles in water. When mushrooms are tender, add clams and parmesan cheese. Remove from heat and serve with noodles.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00

Title: Max and Louise
Categories: Dinner, Camping, Vegetarian, Pasta
Yield: 2 servings
1 qt Water ½ c Onions
2 c Pasta noodles Garlic, the more the merrier
½ lb Cheese, cheddar, jack, any Salt, soy sauce, oregano,
combination of your - basil, cumin, cayenne,
favorites - black pepper, cinnamon to ½ c Pine nuts - taste ½ c
Nuts
Prepare the pasta using a minimum of water so that you don't have to pour any out (after a day on the trail you need the water, and there's all the good pasta juices in it) but still have some standing water over the noodles. The onions, whether fresh or dehydrated, should be added to the water with the pasta.
When the pasta is ready, add the cheese, nuts and garlic. While the cheese is melting, add spices to taste.
The key to this meal, as with all wilderness meals, is to freely adapt the recipe to the supplies you have in your pack.

* Wilderness Ranger Cookbook US Forest Service **
--------- Recipe via Meal-Master ™ v8.00
Title: Old World Chicken
Categories: Poultry, Dinner, Camping
Yield: 2 servings
1 lb Chicken, cut into pieces ¼ t Poultry seasoning
¼ t Curry powder ¼ t Onion powder
¼ t Garlic powder 8 oz Bottle soy sauce
¼ t Sage
1 t Butter
¼ t Oregano
Put chicken pieces in large pan, greased lightly with butter. Add spices and soy sauce. Cook over medium heat until done.

Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Sheep Herder Potatoes
Categories: Side dish, Dinner, Camping
Yield: 2 servings
1 cn Whole new potatoes Salt, pepper, & garlic
1 cn Evaporated milk - powder to taste
ds Flour
Drain water off the canned potatoes and dump them into a pan over medium high heat. With a spatula, start cutting the potatoes as they fry. Once heated, add the evaporated milk and let it start to simmer. Don't let the pan get too hot or the milk will scorch. Add seasonings to taste. Add flour for thickening if needed.

** Wilderness Ranger Cookbook US Forest Service **

---------- Recipe via Meal-Master ™ v8.00
Title: Fish Chowder
Categories: Fish, Camping, Dinner
Yield: 4 servings
6 sm Trout ¼ c Flour
1 md Onion ¼ c Powdered milk
6 Carrots Salt, pepper, garlic,
6 Potatoes - parsley to taste
6 Stalks celery Water, as needed
10 oz Can of corn
Clean and peel raw vegetables. Chop them into small pieces and add to pot of boiling water. Cook until tender. In a separate pot, boil the cleaned and beheaded trout for 10 minutes. Remove trout (save cooking broth) and let fish cool. Once cool, skin trout and remove bones. When vegetables are tender, add fish, reserved fish broth, can of corn, and seasonings to taste. Combine flour with powdered milk in a pint jar. Shake well. Add to vegetable mixture, stirring constantly until chowder thickens to desired consistency. Serve with crackers or hot biscuits.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Cous-cous with Veggies
Categories: Dinner, Vegetarian, Camping
Yield: 2 servings
1 Box Cous-cous Butter, salt pepper to taste
1 c Veggies, any kind Water, as needed
1 cl Garlic
Boil veggies in water. Add garlic and cous-cous. Remove from heat.
Once water is absorbed by cous-cous, season with butter, salt and pepper.
Variations:
Add a can of turkey or chicken after veggies are boiled.
Season with soy sauce.
Add pine nuts, nuts, raisins and/or maple syrup and eat
hot for
breakfast.

** Wilderness Ranger Cookbook US Forest Service *
* ---------- Recipe via Meal-Master ™ v8.00
Title: Packer’s Peppers Magnifique
Categories: Dinner, Camping, Vegetarian, Cheese
Yield: 2 servings
2 Whole green pepper, gutted ½ c Green onions
one per person 6 sl Cheese, per person
1 pk Near East brand wheat pilaf Garlic, lemon pepper to
1 c Raisins - taste
Place pilaf, raisins, onions and spices in large pot. Cook pilaf according to directions.

Place whole green peppers on top of pilaf mixture while cooking so that they can be steamed soft by the time the pilaf is done (about 25 minutes boiling time). When done, stuff the pepper with alternating layers of pilaf and cheese until pepper is bulging. Top with more cheese and stuff yourself until bulging.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Tortilla Pizza
Categories: Camping, Dinner, Breads, Italian
Yield: 2 servings
¾ c Water 1 T Garlic
6 oz Tomato paste 1 t Vegetable oil
1 T Oregano 1 c Mozzarella cheese, grated
1 T Basil 4 9" whole wheat tortillas
1 T Thyme 1 c Pizza toppings, to taste
Combine water with tomato paste. Add spices and stir until consistency is uniform. Add more or less water depending on teh desired thickness of sauce. Heat to boiling, stirring constantly, then set aside. Make sure skillet is well oiled. Put 2 tortillas together in skilet and cook over low heat until brown. Spread ½ sauce on top, add ½ toppings and ½ cheese, cover and cook 4 to 5 minutes or until cheese melts. Repeat for second set of tortillas.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Cous-cous with Chicken
Categories: Camping, Dinner, Poultry, Vegetarian
Yield: 2 servings
1 pk Cous-cous Tobasco to taste
4 oz Can chicken Water, as needed
1 c Dried veggies
Boil cous-cous and dried veggies with enough water to cover. When water is absorbed, add chicken, Tobasco and any other seasonings to taste.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Miller's Beef Jerky
Categories: Camping, Meats
Yield: 4 servings
24 oz Flank steak 1 t Onion powder
¾ c Red wine ½ t Garlic powder
1/3 c Worcestershire sauce ¼ t Pepper
½ c Soy sauce ½ Onion, sliced
1 t Seasoned salt ¾ c Water
PREPARE AT HOME;;
: Trim fat off of steak. Slice it along the grain into thin strips. Combine rest of the ingredients. Add strips of meat, cover tightly and let sit, refrigerated, overnight. In the

morning, drain off liquid and arrange meat strips over oven rack. Put foil below the meat to catch drips. Bake at 150ø for 6 to 8 hours, leaving the oven door slightly open. Turn oven off and let jerky sit for about 2 more hours or until dry. (Thickness of jerky determines cooking time. Use your own judgement.)

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: High Bush Cranberry Tea
Categories: Beverages, Camping, Alcohol
Yield: 2 servings
1 c Cranberries, off nearest oz Brandy
bush Water, as needed ds Honey
Place 8 to 10 cranberries in a cup (cranberries are best after the first frost. Berries can usually be found anytime of the year as a few will last over the winter). Pour boiling water over berries and add a taste of honey. Mash berries to release flavor. A small amount of brandy can be added as a nightcap. Watch out for the seeds.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Paul's Toddies
Categories: Beverages, Camping, Breakfast
Yield: 1 servings
1 t Postum 1 ds Cinnamon, optional
2 t Hot chocolate mix 1 ds Vanilla, optional
1 t Powdered milk Water, as needed
Mix dry ingredients. Boil 1 c water. Add water to dry ingredients, stir and serve. Drink up, hic...

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Hell Canyon Brownies
Categories: Cakes, Camping
Yield: 36 brownies
1 c Unbleached flour 8 oz Pkg. semisweet chocolate
2 Eggs 6 oz Can frozen orange juice
1 c Brown sugar ¼ c Coconut
½ t Salt ½ c Walnuts
¼ c Margarine 1 t Vanilla
PREPARE AT HOME::
Cream margarine, sugar and eggs. Add all other ingredients. Mix and spread into shallow, greased 9"x9" pan. Bake at 325ø for 30-35 minutes. Cut into 1 ½" squares and seal in airtight container to take along on trip. These are guaranteed to get you up Hell Canyon and back in a day.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00

Title: Kathy's Magic Popcorn
Categories: Camping, Desserts
Yield: 1 servings
¼ c Popcorn 1 ½ T Brewer's Yeast
1 ½ T Olive oil Salt to taste
Pour oil into backpack pot. With 3 kernels of popcorn at the bottom and the cover on, turn the stove on high. After the 3 kernels pop, pour the rest of the popcorn in. Just before popping stops, remove pot. Sprinkle Brewer's yeast over popcorn. Add salt if desired.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Chocolate Tortillas
Categories: Camping, Desserts
Yield: 2 servings
4 Flour tortillas Butter or oil
2 Chocolate bars
Heat butter or oil in skillet. Add tortilla and cook until lightly browned. Flip tortilla. Add grated or broken up chocolate according to personal taste. Cover skillet so chocolate will melt. Fold tortilla and enjoy. Repeat.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Boy Scout Ice Cream
Categories: Camping, Desserts, Dairy
Yield: 1 servings
1 cn Eagle Brand sweetened, - blueberry are best)
evaporated milk Fresh snow
1 cn Fruit pie filling (cherry or
Start by placing about 2 quarts of clean snow in a 4-quart or larger bowl and pour in ½ of the milk. Mix the snow and milk together with a spoon (wooden ones work best) until the mixture has the consistency of ice cream. Adjust mixture by adding either milk or snow or both as needed. When the mixture is right, pour in the fruit. If things look a little runny, set the entire mixture outside the tent in the sub-zero temperatures. Eat as soon as possible. Makes enough to feed a small troop.
Hint: This recipe is best in teh winter. Summer snow is usually too coarse and dirty to make ice cream.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Backcountry Cheesecake
Categories: Camping, Desserts
Yield: 4 servings
1 T Butter 1 1/3 c Water
1/3 c Milkman powdered milk 1 pk Jello cheesecake mix
In pan you want to make cheesecake in, melt butter. Mix in graham cracker crumbs

included in cheesecake mix. Add water to make a stiff paste and press along bottom of pan. Combine milk with filling mix. Pour over crust. Set in a cool place (a snowbank works great) for about 15 min. Voila - instant cheesecake!! Garnish with favorite strawberry, cherry, or blueberrys fresh or preserves.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Backcountry Compote
Categories: Camping, Desserts, Alcohol
Yield: 4 servings
3 c Mixed dried fruit (your - taste
favorites) Water
1 T Cinnamon Options: almonds, sunflower
1 c Whipped cream or yogurt - seeds, coconut, trail mix,
Brown sugar or honey to - brandy, or fresh fruit
In a saucepan, cover the dried fruit with water. Cook til soft. Add sweetener, cinnamon and any optional ingredients (this is a good time to clean out your pack!). Continue to simmer gently. Whipped cream or yogurt is mixed in or dolloped on top for garnish. Serve on pancakes for breakfast or alone for dessert.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Jello Salad
Categories: Camping, Desserts
Yield: 4 servings
3 oz Pkg of Jello mix, any flavor ½ c Trail mix
2 c Water Options: candy or nuts
1 c Fruit, any kind
Add 1 c of boiling water and 1 c cold water to jello mix. Add fruit and any other filler desired. Place in a pan or container that can be tightly covered. Put container in a cold flowing creek for a few hours (or overnight) and the salad will be set.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Pistachio Pudding
Categories: Camping, Desserts
Yield: 4 servings
1 pk Pistachio pudding, instant 3 T Powdered milk (enough to
2 c Water, cold - make 2 c of milk)
Mix powdered milk with water in 1 quart water bottle. Add pistachio pudding mix. Shake vigorously for 2 minutes. Pour liquid into cups. Allow to set (time varies depending on outside temperature) and serve.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Fruit Soup

Categories: Camping, Desserts, Fruits
Yield: 8 servings
2 qt Water 3 Cinnamon sticks
8 oz Dried apricots 2 c Juice, any kind
8 oz Raisins 3 T Cornstarch
8 oz Pitted prunes Yogurt or whipped cream
Soak fruit overnight in water, if possible. Other dried fruit can be added or substituted. The next day, bring water, fruit, and cinnamon to boil and simmer until tender. Dissolve cornstarch in ½ c juice. Add mixture plus the rest of the juice to soup and stir until thick. Serve either warm or cold. A spoonful of yogurt or whipped cream makes this an extra treat.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Apricot/Peanut Delight
Categories: Camping, Desserts, Fruits
Yield: 2 servings
1 pk Dried apricots 1 pk Rice cakes
8 oz Peanut butter Water
Cut the apricots into small pieces. Place in pan with enough water to barely cover fruit. Cook slowly until you have a warm, thick paste. Meanwhile, break each rice cake into 4 pieces. Smear with peanut butter.
Cover with warm apricot puree and enjoy.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Fruit Squares
Categories: Camping, Desserts, Fruits
Yield: 16 squares
2 Eggs 1 c Fruit, chopped (dried fruit
½ c Honey - apricots, raisins, apples,
2/3 c Flour - pineapples, pears, etc.)
1 c Pecans, chopped ½ c Chocolate chips
PREPARE AT HOME:
Mix eggs and honey. Add flour and mix. Blend in nuts, fruit and chocolate chips. Scrape into a greased 8”x8” baking dish. Bake at 350øF for 30 minutes or until the top begins to brown. Cut into squares (2”) and store in an airtight container for trip.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: Cookstove Cake
Categories: Camping, Cakes, Desserts
Yield: 4 servings
1 pk Richmoor Sierra Coffee Cake 1 lg Pot
- (any water-based cake mix) 1 sm Pot

½ c Water Pebbles
Line bottom of larger pot with one layer of small pebbles. Pour cake mix and water into smaller pot and mix until smooth. Place small pot inside of large pot (on top of pebbles). Cover and cook over low to medium heat for 15 minutes or until the cake doesn't stick to a wooden toothpick or match. Enjoy and then when they've cooled off return the pebbles to where you found them.

** Wilderness Ranger Cookbook US Forest Service **
---------- Recipe via Meal-Master ™ v8.00
Title: High Country Fry Bread
Categories: Camping, Desserts, Breads
Yield: 4 servings
2 c Flour Water
1 t Salt 3 c Oil (enough to fry bread)
1 T Baking powder Honey to taste
½ T Cooking oil
Mix dry ingredients. Add ½ Tbsp oil and enough water to make a stiff dough. Knead for 5 minutes. Roll into 3" balls and flatten each like a pancake. Cut thin lines from the center to outside of pancake (in the shape of a star) so that air can get into the dough. Place this into heated oil in skillet. Cook until golden brown and crispy. Top with honey.
Variations: Top with refried beans and grated cheddar cheese; stir-fried veggies and cheese; fruit pie filling; you decide.....

** Wilderness Ranger Cookbook US Forest Service **
Backcountry Recipes

This area is available for any backcountry recipes you have discovered that you would like to share. To submit a recipe, please send me e-mail.

Recipe Index
Backcountry Breakfast
Beef Jerky Recipe
Granola Chews aka "Trail Cookies"
Wake-Up Oatmeal
Tasty Omlets
Bean and Pasta Soup
Tangy Water
Chicken &Dumplings
[IMG]
Heart Hash Browns
[IMG]

Backcountry Breakfast
My favourite backcountry breakfast: ½ cup (or maybe a little bit more) oatmeal

¼ cup Carnation low fat powdered milk
1/3 cup raisins
1/3 cup mixed nuts (chopped walnuts &sliced almonds) a dash of shelled sunflower seeds 1 tablespoon of brown sugar Mix ingredients thoroughly in a bowl and pour contents into a baggy. When ready to eat breakfast all you have to do is dump contents from the baggy into a pot and add 2 cups boiling water. Let contents sit for two minutes, then serve. John H.

Beef Jerky Recipe
Slice lean boneless beef (such as brisket) into 1/8" strips,
trimming fat. Cut with the grain for chewy jerky or across the grain
for crumbly jerky. Lay strips on oven rack (use foil or pan
underneath to catch drippings). Salt to taste. Dry in oven at lowest
temperature (150 degrees), leaving door slightly ajar, for 8-12 hours. Turn several times for even drying. Taste test occasionally.
For more seasoned flavor, marinate cut meat overnight in the
following ingredients: Enough for 1-1/2 pounds of meat. 1 tsp. each salt,
seasoning salt ½ tsp. each - pepper, onion powder, garlic salt
¼ cup each - soy sauce, worchestershire Dry as above. Vary marinade
as experience and personal taste dictate... for instance, I use a
little liquid smoke, One packing buddy of mine uses a little hot
pepper sauce.... I got this from Bill Thomson..without the 'p' ...
last known e-mail address: wthomson@edge.ercnet.com

Checken &Dumplings
Ingredients
2 envelopes Lipton's Cream of Chicken Cup-o-soup
1 can Swanson's Chunk Chicken Meat
½ package of mixed freeze-dried vegetables
1 cup Bisquick in a zip-lock bag
Water
Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 mintues on low heat.
This recipes was submitted by Steve Rohde

Hearty Hash Browns
Take a box of frozen hash browns in a ziplock but ditch the box.
Take along enough alluminum foil to hold them. Use your fovorite condiments on them and ball them up in the alluminum foil and place in the fire where you can reach it with a stick. Check every now and then to see if they are done. If you are somewhere where they don't allow fires cook as you regurly do on a camping stove.
This recipes was submitted by Grant Smith

Lipton dried soups taste great and are very light and cheap. They're not especially nutritious, but are worth their weight in gold if you're cold tired and hungry.
Dried fruit, nuts, oatmeal, rice, M&M candy and some cheeses are also good, and if you have a little ambition, you can bake fresh bread or biscuts from dry mix.

Terry

TI> I would like to get some feed back on some inexpensive,
TI> easy to prepare, nutritious foods for meals or snacks for the trail
One of my favorites is Spaghetti noodles. None of the powdered spaghetti sauces are very good and they inevitably require a can of tomato paste, however you can have a REALLY nice pasta meal with an alfredo or some other cheese sauce from a package. I tried the herb sauce once, just about killed me.

Dave

I like to carry dried apricots, carrots (not dried), bagels (very sturdy) and some kind of nuts.
Here is something from the BAHAI_HEALTH echo:
Title: Collison's Mixture
This is a passage from a manual written for Baha'i pioneers who go to underdeveloped countries and live with villagers....
COLLISON'S MIXTURE
I have put this under the name of two wonderful Knights of Baha'u'llah for Africa who were very knowledgeable as regards health and food values. when visiting villagers it is both impolite and unkind—and are they not usually synonomous? -- to refuse to eat the food they offer and yet the pioneer may find it a difficult and inadequate diet to live on; he cannot possibly carry enough of his own food to live on and share with them and their food makes him ill or constipated. To help solve this problem the Collisons devised a mixture which they took for breakfast that was highly nourishing and had a somewhat laxative effect: the proportions are 1 cup of wheat germ, 1 teaspoon brewer's yeast, 1 tablespoon powdered milk, 1 tablespoon or more of brown sugar, and dried nuts and raisins if they had any. They mixed a supply of this and carried it in a closed container and in the morning, if possible, before they found themselves in the presence of other people, they would take a half a cup of this, mixed with either hot or cold water, and if available a sliced banana could be added. As this was a dish they could quite truly take as a kind of medicine, they felt justified in keeping it for themselves and not being obliged to pass it around. The very high content of B vitamins, minerals, and calories in this mixture would sustain them throughout the day no matter what else they did or did not eat. Both wheat germ and brewer's yeast are not readily available so if one plans to carry such a combination as this, arrange to either take a supply or ensure that someone sends a supply from abroad. Gradually a person learns what things are worth spending money on and are not luxuries because they preserve health and keep down medicine and doctor's bills. Wherever milling of wheat flour takes place the by-product is wheat germ; if not available in local shops it is usually sold to poultry farms and by inquiring where

the wheat germ is disposed of one may be able to get a supply. Brewer's yeast may not be available even in pharmacies, which sometimes do carry it, but the wheat germ will suffice. It is the more important part of the mixture.

From A Manual for Pioneers by Ruhiyyih Rabbani
© 1974 - National Spiritual Assembly of the Baha'is of India

I'm a newcomer just adding on. I recommend Lipton Noodles w/ Cheese as a pretty good filler and protein source. Packaged hash brown potatoes and other dried potatoes work well too. The best is having an "Outback oven" that works on a campstove and cooking up Jiffy cornbread mix. Happy eating. :-)
I have tried some of these and they are not bad at all. I do not remember the brand but there were several pasta side dishes that are fairly quick and just need water or very few "additional" ingredients.
There are a lot of rice dishes like this also some of which are quite usable if they don't have really long simmer times. With a fire though, even this is not a big deal.

Happy Trails, Brian

Hi Linda: I make my own high energy,high calorie trail food. Its real easy to make. When you are out shopping get a couple of scoops of trail mix from the bulk food store. When you get home take the trail mix and raisins and put in a handful of corn flakes and Quaker Oats or Granola which ever you prefer. Mix well and then add melted sweetened bakers chocolat and alllow to cool cut into squares and wrap in stretch wrap.
An easy meal we have made on a hike is to take two Beef patties cut two potatos into thin slices,cut a carrot and an onion into small pieces Take a large piece of tin foil place a slice of bread for each beef patty put the patties on the bread,then the potatos,carrots,onion add a second slice to form a top add salt and pepper to taste.Then add two Tblespns of water and cooking oil. seal tightly and place on the coals of a fire: 15 minutes should cook the dinner to near prefection.
Btw the bread keeps the meat from from burning and scortching.
L8r
Ken

MAKE YOUR OWN TRAIL FOODS
By Scott Stoddard

JELLY-filled donuts, a bag of Doritos and a case of soda pop will usually get you through an easy weekend over-nighter of rabbit hunting or target shooting -and that's if the weather's mild. Long expeditions to remote areas of the each however, usually require dehydrated or freeze dried food that are as light as air but came heavily spiced to overcome the cardboard factor.
The first few days of eating commercial backpacking foods aren't bad. You're tired, hungry and anything tastes good. It's the same principle with outdoor furniture. Any flat rock will do when you're dog tired. Just being outside in gorgeous surroundings tends to block out the negative. Yet something happens to backpacking foods after the third, or at

the very latest, the fourth day -everything begins to taste the same. The Turkey Tetrazzini tastes just like the Beef Stroganoff, and the Stroganoff just like the Alpine Minestrone. Is it the plas-tic/foil cook-in-their-own pouches, the infamous spice concoc-tions or something about the butane cook stove that causes this taste-the-same syndrome?

On one lengthy backpacking trip I can remember drooling as I watched a fellow hiker plop sections of real navel orange into her mouth while I sat there munching on gorp (peanuts, M&Ms and salty raisins), and swilling down warm Tang. After a week of living on dehydrated meals you'll give just about anything for some "real" food.

Our early U. S. astronauts experienced somewhat the same prob-lem. Space food consisted of pureed gunk packaged in plastic squeeze tubes along with their famous orange-flavored Tang. Meanwhile, Soviet cosmonauts were dining on caviar, black breads, salami and other delicacies. Today shuttle crews are fa-vored with shrimp cocktail, teriyaki chicken, tomato egglant casserole (one of their favorites), and many natural foods like fruits, tortillas and peanut butter.

If today's astronauts can eat more normally, certainly modern backpackers can enjoy eating foods that taste good, won't spoil, and are easy to prepare. The key to this is pretrip planing and proper packaging. Before getting into making your own gourmet hiking meals, it's a good idea to learn how our predecessors did it.

Jerky, Pemmican - The very first backpackers on this continent were the Indians and they developed some of the best trail foods known to man. Dried meat, known as jerky, is today a favorite snack found in most convenience stores. Store bought beef jerky contains lots of salt, seasonings and extra chemicals that can make you sick on the trail. It's better to make your own so that you can control the flavor and ingredients.

Jerky can be made from venison, elk or Buffalo, but is gener-ally made from beef. A good lean round steak or flank steak will work great. Cut the meat in long thin strips against the grain. If there's any fat or gristle, remove it and throw it away. Cowboys used to sprinkle the meat with salt and pepper, a small amount of chili powder, and then simply hang it on wire lines in the sun to dry.

For more flavorful jerky, marinate the meat in a solution of two tablespoons of soy sauce, two drops of Tabasco sauce or cayenne pepper to taste, ¼ teaspoon of salt, ground pepper and one fresh clove of garlic, minced. Place meat and marinade in a Ziploc plastic bag in the refrigerator overnight. Then drain the meat and place on the oven racks to dry. The oven should be set at 140 degrees with the oven door partially open. Dry for about six to eight hours or until the meat turns dark and brittle. Other marinade ingredients that add a unique taste to the meat are red wine, red wine vinegar, Worchestershire sauce, minced onion, a pinch of thyme, oregano and marjoram.

One of the best known survival foods in the history of North America is pemmican. Invented by the Indians as rations for long hunting trips, pemmican was used on the Lewis and Clark Expedi-tion as trail food and by Admiral Peary's group as a staple food during their successful journey to the North Pole.

Pemmican was made using equal parts of jerky, wild berries, and boiled fat from animals. A modern day recipe substitutes peanut butter for the fat. The ingredients to be mixed include: eight ounces of jerky pounded into powder; eight ounces of rai-sins or dried apricots, eight ounces of unroasted peanuts or pecans. Heat up two tablespoons of honey and four tablespoons of peanut butter until softened and then blend together with a pinch of cayenne pepper. Add to the jerky/nuts/raisin mixture and work

thoroughly through the mixture. Stored in plastic bags pemmican will keep indefinitely in a cool, dry place.

Before you attempt to make your own trail foods and meals you will need to build or acquire an important piece of equipment -a food dryer. Commercial food dryers are available for about $100 but you can make your own for about $30. Buy the drying racks first - they will determine the width and depth of your food dryer. Metal cake cooling racks work great. Buy the square ones with dimensions of about 10 x 10 inches.

You want the dryer to be shaped more like a tall square tower rather than a low wide rectangle. Because this unit doesn't have a fan to keep air circulating it uses the principle of "warm air rises" to create the circulation. A 100 to 500 watt bulb is located at the base of the dryer. Air enters at the bottom vents, heats up, rises through the dryer racks and exits out the top vents. The temperature inside should be at least 100 degrees for proper food drying. Build the dryer frame using 1 x 2s and use Masonite for the sides. Screw eyes are used to hold the door closed. Don't paint or varnish the dryer once you've built it.

When planning a menu for a wilderness outing it's best to plan for one or two small meals and one main meal at the end of the day. Trail snacks should also be provide for in-between-meal energy replenishment. On a piece of paper list the days you will be gone on the left-hand side and on the top of the page - break-fast, lunch and dinner. If you draw lines separating the days and each meal category, you should have a page of boxes with each box representing a particular meal of the day. To figure out what to put into each box of the menu you might try one of the backpackers cookbooks at the end of this article. The basic principle of packing food for the trail is keep it simple and light. For quick, trouble-free meals that keep well n the trail, pack hard salami, small tins of fish - tuna, shrimp, sardines - and chicken. Don't forget crackers, cheese, peanut butter, dried fruit and granola for no cook/cleanup eat-as-you-go meals. Small cans of evaporated milk can be used full strength for coffee creamer or cut 50/50 with water to use as whole milk. Yogurt is ideal for shorter trips. It will holdup for about 48 hours. And of course cheeses will just continue to age.

Black breads, pumpernickel and dense whole-wheat breads travel well on the trail. Make them at home or buy them at your local bakery. Don't slice them until you're out on the trail or you'll end up with a bag of crumbs. Bagels travel very well in a backpack.

Food Packaging - When preparing meals on the trail many times you can get out of pot cleaning duty by mixing ingredients in sturdy self-locking bags like the Ziploc brand. Rehydrating dried fruits and vegetables can be done in these bags too. Use the large gallon size bags to pack each individual meal. Label the bag with a wide swatch of masking tape and mark on the tape using a waterproof marker the day and the meal (example: Saturday/Dinner). Remove unnecessary packing from grocery store bought foods (cardboard boxes, etc.) but don't forget to clip the instructions from the box and include it with the food.

If you have one of those Seal-a-Meal machines you can pre-measure mixes and powders at home, include a slip of paper with instructions, and then seal the bag from the elements. This

saves time on the trail when mixing up your favorite pancake recipe or your favorite dehydrated gourmet spaghetti sauce.

Be sure to wrap individual portions of baked goods such as cookies, chews and muffins in plastic food wrap. Then place them in a plastic bag or container. When packing your pack be sure to protect your food from spoilage or contamination by other items in the pack, such as soap, toiletries and liquid fuels. You never know when your sunscreen or insect repellent bottle will burst due to high altitude.

The weight of food to pack for each hiker varies from one to two and a half pounds per day. Of course the colder the weather, the more calories you are going to need to stoke the fires. The following are ten ways to cut down on the weight of your provi-sions:

1. Eat less (If you can afford to be eating less you may not be in the best shape for heavy duty exercise. Your best bet is to get in shape before you go, and then eat heartily).
2. Use re-cipes with only the shortest cooking times to cut down on fuel.
3. Save fuel by undercooking foods slightly and letting them sit for a few moments, covered, to finish cooking.
4. Eat heavy meals first, like canned goods, fresh eggs, and rice.
5. Pack only one pot meals.
6. Use dried soups and dumplings for dinner.
7. Pack make-ahead meals to save cooking time.
8. Substitute fruit leathers for gorp, Potato Buds for rice, pasta for rice, Butter Buds for butter or margarine.
9. Keep strict-ly to the pounds-per-person limit that you decide on.
10. Save water - use the one pot method in trail directions if it's of-fered as an alternate method.

Use your dehydrator to dry fresh fruit and vegetables. Some of the best foods to dehydrate are eggplant, bell peppers, mushrooms, carrots, tomatoes, zucchini and Gravenstein apples. I've had great luck drying vegetables out of the can. Corn and green beans dry up really nice. Avoid canned vegetables packed with heavy sodium concentrations.

We've already talked about making beef jerky. It can be added to stews and such for extra flavor. You can also bring ground beef for your meals if you dry it in your oven at home. Brown the meat in a fry pan the way you normally do and then drain off the fat. Dry it on a cookie sheet in the oven for six to eight hours at 140 degrees with the door slightly ajar. One pound of ground beef dries to six ounces, about one and a third cups. Store the dried ground beef in a Ziploc bag in the refrigerator until you're ready to go.

Meals really stand out when you use the following fresh ingre-dients: onions, cloves of garlic and salted butter. Fresh onion and garlic sauteed in butter will marry the flavors of anything. You can pack garlic cloves in left over 35mm film cans. In fact you can use plastic film cans for other important items such as salt and pepper, herbs and cooking oils. If you want see through film containers, buy Fuji film. Fresh cheeses make boring meals come alive. Parmesan, Reggiano, aged Gouda and dry Jack can be

carried in wide mouth plastic bottles and will last for days.
If you plan activities in the fall and winter months, super-charge your meals with extra calories, so that the body has enough fuel to fight off hypothermia and exhaustion.
To whet your appetite for some cold weather camping here are two recipes from the Hungry Hiker's Book of Good Cooking.
Russian Black Bread
1 square unsweetened chocolate
2 cups water
1 cup bran flakes
1 cup cornmeal
2 envelopes dry yeast
½ cup warm water
¼ cup oil
½ cup molasses
2 tablespoons brown sugar
1 tablespoon salt
1 tablespoon instant coffee
1 teaspoon crushed fennel seed
2 ½ to 3 cups white flour
2 cups rye flour
1 cup whole-wheat flour
Glaze: 1 egg white mixed with
1 tablespoon water
Melt chocolate in 2 cups water and pour this over the bran and cornmeal in a large bowl. Let cool. Meanwhile, dissolve the yeast in ½ cup warm water. To the cooled bran and cornmeal, add the oil, molasses, yeast, brown sugar, salt, coffee, fennel, add 2 ½ cups of white flour. Mix well. Add the rye and whole-wheat flours, then add more white flour until you can knead the dough (It will be sticky). Knead it for five minutes, adding more flour if necessary, then put it into a greased bowl, turn, and cover with a damp towel. Let it rise until double. Punch the dough down. Divide it in half and form each half into a ball. Set these on greased cookie sheets, cover, and let rise until nearly double, about 30 minutes. Brush the loaves with a mixture of egg white and water. Bake at 375 degrees for 50 to 60 minutes, until the loaf sounds hollow when tapped - the crust should be very dark. Cool on racks.
For winter meals when you need to pack as many calories into your meals as possible, make up a soup that positively brims with delicious nutrients. As well as containing plenty of vitamins, carbohydrates, fats, and protein, Super Soup has the advantage of using up the odds and ends of dried vegetables that you have left over from making more refined recipes. And a very tasty soup it is, too! Dumplings make it a complete meal.
Note: milk does not boil well - it froths and boils over and makes a general nuisance of itself, so add it only in the last few minutes of cooking.
Super Soup
1/3 cup barley
1/3 cup lentils
1/3 cup Potato Buds, or ¼ cup
instant potato powder

2 beef bouillon cubes
1 cup dried sliced vegetables
1 tablespoon dried meat
A pinch each of thyme and marjoram
½ cup dry milk
3 tablespoons butter or margarine
¼ cup grated or cut cheese
(optional) 1 cup biscuit mix packed
in its own bag for dumplings
Put into one bag everything except the milk - butter or marga-rine - and grated cheese. Trail directions: 1. Put the soup into a pot with 4 ½ cups water. Bring to boil, then simmer for ½ hour. 1. During the last five minutes, stir in ½ cup dry milk and 3 tablespoons butter or margarine. Add cut or grated cheese. 3. To make dumplings add ¼ cup water to 1 cup biscuit mix and make a stiff batter. Form into balls about the size of ping-pong balls, and float them on top of the soup. Cover so they steam and cook until done, during the last 20 minutes' cooking time.

Outdoor Foods Information Access

For more information on preparing your own trail foods and backpacking meals the following books are available:

Wilderness Cuisine, by Carole Latimer. Wilderness Press. (800) 443-7227. Carole Latimer leads women on her Call of the Wild wilderness trips. Imagine after hiking six hours at 9,000 or 10,000 feet and staggering into camp at the end of the day you are treated to Thai lemongrass coconut-milk soup, Mexican tabouli salad, a main dish of puttanesca with goat cheese and angelhair pasta, fresh-baked cornbread served with home-canned rhubarb-raspberry jam, ginseng tea and a desert of flaming cherries jubilee!

Original Cowboy Cookbook, Authentic recipes from bunkhouse, chuck wagon, cook shack, line shack, saloon, trail drive cooking and main house cooking, by Wild Wes Medley. Original Western Publications, 1020 Mt. Vernon Rd. , Hurricane, West Virginia 25526. This book doesn't exactly contain backpacking food but the recipes date back to the 1840s where western outdoor cooking was born. Chapters include: Everyday Cooking, Sauces and Gravies, Breads and Biscuits, Desserts and Candy, Curing and Preserves, Cowboy Remedies and a Special Barbecue Section (worth the price of the whole book).

The Hungry Hiker's Book of Good Cooking, The first cookbook for backpackers (and canoeists and campers) that makes possible superb meals on the trail, by Gretchen McHugh. Recreational Equipment Inc. , P. O. Box 88125, Seattle, WA 9e138-2125. (800) 426-4840. Consider this the do-it-yourself backpacker food bible. Learn how to prepare ahead with fresh ingredients your own delicious, home-dried foods and mixes, and then how to trans-form them easily into wonderful dishes over a camp stove or fire. More than 135 recipes from hearty soups and stews with dumplings to pilafs and pastas, from delectable stir-frys to skillet-baked breads.

The Wilderness Ranger Cookbook, San Juan National Forest Associ-ation, P. O. Box 2261, Durango, CO 81302; (303) 385-4634. When you spend weeks at a time in the back country, you come up with some fairly creative and tasty recipes. So it just

makes sense that the people employed by the forest service, the wil-derness rangers, would come up with a fantastic cookbook of trail recipes. The 112 page collection contains 8O recipes including: Regurgitate de la Prospector con Yama, Sauteed Chanterelles,
and Back country Cheesecake. The book includes the full text of The Wilderness Act, and contain slots of wilderness facts and history, with personal reflections about the wild places visited by the contributing rangers.